***Mindful Challenge***

*Hi Team/Students,*

*We’re kicking off a two-week Mindful Minutes challenge with Calm. Within the Calm app, you’ll find meditations for focus, anxiety, sleep and more. Collect ‘Mindful Minutes’ the more sessions you complete. The goal is to collect 100 Mindful Minutes (or 10 Mindful Minutes per workday) over the next two weeks.*

*[Insert reward/recognition if you are offering one].*

*Check out the attached flyer with more details about the challenge. Did you know mindfulness can supercharge your workday? Learn more here.*

*Measure your progress: In the Calm app, click ‘More,’ then select ‘Profile’ in the upper right-hand corner to view ‘Mindful Minutes.’ Select ‘Share your Stats’ to email your starting total to the leader of the challenge. Once you’ve completed the challenge, select ‘Share your Stats’ and email the challenge leader your total.*

*As a reminder, the Calm app is provided to all of you for free, from us here at  UC Merced, If you haven’t already done so,*[*click here for instructions to activate your Calm account.*](https://f.hubspotusercontent40.net/hubfs/6486199/Flyer%20Assets/1_Mindful%20Minutes%20Challenge.pdf)

*Enjoy,*

*Professor’s/Staff Name*

***Making Meetings More Meaningful***

*Hi Team/Students,*

*Whether you’re kicking off a new project, gathering a group, or leading your weekly team meeting, hosting a guided team meditation during the workday is a great way to create healthy habits in a group setting.*

*Check out the attached guide from Calm with helpful tips and recommend sessions to get you started.*

*As a reminder, the Calm app is provided to all of you for free, from us here at UC Merced. If you haven’t already done so,*[*click here for instructions to activate your Calm account.*](https://f.hubspotusercontent40.net/hubfs/6486199/Flyer%20Assets/3_Make%20Meetings%20More%20Mindful.pdf)

*Enjoy,*

*Professor’s/Staff Name*

***Mindfulness Movement Breaks***

Hi Team/Students,

We’ve all been working hard and we wanted to remind you how important it is to take breaks throughout the day. Even just a few minutes of easy movement can reduce stress and tension in the body and mind.

Check out the attached Mindful Movement Guide from Calm and make sure to set aside some time every day for a mindful movement break.

As a reminder, the Calm app is provided to all of you for free, from us here at UC Merced. If you haven’t already done so, [click here for instructions to activate your Calm account.](https://f.hubspotusercontent40.net/hubfs/6486199/Flyer%20Assets/2_Take%20a%20Mindful%20Movement%20Break%20with%20Calm.pdf)

Enjoy the break,

Professor/Staff Name

***Surround your Workday with Calm***

*Hi Team/Students,*

*It’s not always easy to set boundaries between work and life. Bookending your day with mindfulness can help separate working hours from downtime—and the benefits of mindfulness will extend beyond each session.*

*Try beginning or ending your workday with a mindful walk. A mindful walk is one in which you pay attention to your breath, the sounds around you, or the feeling of the air on your skin. If you can’t get outside for a walk, try taking a few laps around your home or up and down the stairs. Try a Mindful Walking meditation in the Calm app. Sessions range from 5-30 minutes.*

*As a reminder, the Calm app is provided to all of you for free, from us here at UC Merced. If you haven’t already done so,*[*click here for instructions to activate your Calm account.*](https://f.hubspotusercontent40.net/hubfs/6486199/Flyer%20Assets/4_Surround%20your%20Workday%20with%20Calm.pdf)

*Enjoy,*

*Professor’s/Staff Name*

***Calm your Sleep***

*Hi Team/Students,*

*Falling asleep or staying asleep can be challenging for many people. We’ve partnered with Calm, the #1 brand for sleep and meditation, to help you with your rest. Adults who use Calm at night report that Calm helps them to fall asleep (92%), get a restful night sleep (79%), and stay asleep (70%).\**

*Calm your sleep and explore Calm’s soothing Sleep Stories for adults, to help you drift off to sleep or fall back asleep. Explore this short one-minute video to learn more.*

*Calm also offers sleep resources for children—including Sleep Stories for kids from recognizable characters like Thomas & Friends. Let us know if these Sleep Stories help you or your family!*

*As a reminder, the Calm app is provided to all of you for free, from us here at UC Merced. If you haven’t already done so,*[*click here for instructions to activate your Calm account.*](https://f.hubspotusercontent40.net/hubfs/6486199/Flyer%20Assets/5_Calm%20your%20sleep.pdf)

*Enjoy,*

*Professor’s/Staff Name*