



Mindful Meditations

LinkedIn Learning

Focus Area: Well-Being

Objective: To integrate meditations into your day to maintain productivity while also remaining calm and focused.

Length of Challenge: Two weeks (can be extended)

Materials Needed:

- [Mindful Meditations Log](#)
- Prizes (optional)

Directions:

1. Select a Challenge Log that you prefer.
2. Aim to complete a mindful meditation anytime you feel it's needed during your day.
3. Depending on the Challenge Log you choose, you will either tally each time you complete a meditation or note how you feel before and after meditating.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.



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Getting Started:

1. Decide what date(s) your “Mindful Meditations Challenge” will run.
2. Determine if and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the “Mindful Meditations Challenge” winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!
3. Announce the challenge to employees and share the following. (This can be done via email, e-newsletter, department intranet and/or fliers.)
 - Dates when the challenge will begin and end.
 - Instructions for how to play the “Mindful Meditations Challenge”.
 - Details about how to submit participation and how winner(s) will be rewarded.
4. Print or attach via email the “Mindful Meditations Log” and distribute to all participants.
5. If the challenge is occurring over several days, consider sending employees a friendly email reminding them to engage in the challenge. Your communication might include additional information related to the challenge, such as mental health facts, self-care tips and tricks, inspirational quotes and/or participant photos. (See ‘Sample Emails’.)
6. As the challenge comes near an end, send a reminder to employees and announce the winner(s)!