

the
Relief
Project

by mindful

Our world is burning.

Humans today are facing historic levels of trauma and crisis.

Did you know

50% of us will suffer from at least one mental health condition during our lifetime



*Employees
are crying out
for relief.*

Burnout rates and suicide are at an all-time high. Feelings of isolation and desperation have only been exasperated by living—and working—through a global pandemic.

Our workforce is struggling to keep their heads above water, and right now, they're not getting the support they deserve.

200 million workdays

are lost every year due to
mental health issues in
the United States.





Bringing a mental wellness practice into the workplace is not just about advancing productivity. It's about

putting your people first.

Introducing

the
Relief
Project

A coalition of business and community leaders committed to bringing relief to the workplace, their communities and the world at large through education and mental health awareness.

FOUNDATION FOR A
Mindful Society

Founded in 2012, The Foundation for a Mindful Society is committed to enhancing mindfulness in society and supporting civic leaders to bring mindfulness training and programs to local communities.

the
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mindful

Mindful Communications is a Public Benefit Corporation that serves as the trusted voice of the mindfulness movement. We work to provide insight, information, and inspiration to help everyone live and work more mindfully.

you

Pro-mindfulness leaders like you will use *The Relief Project* tools to educate and empower their employees and their communities to live happier lives.

The Program

Designed by Mindful experts who have worked with organizations for decades to identify key employee mental wellness needs.

- First Edition package of Mindful content, curated to build mental resilience skills at work
 - An additional First Edition content package to gift to the organization of your choice
 - Turnkey communications like pre-crafted monthly emails to share with employees
- Collaboration with like-minded industry leaders
 - Regularly updated expert-crafted mindful content
 - Groundwork to set employees up on a journey toward improving wellbeing + additional opportunities for workplace transformation

First Edition
Mindful Content

1 for you



1 to give away



The Relief Project members receive 12-months of free, carefully curated mindfulness content to build employees' skills in the following areas:

*Take Back Your Attention
(Meditation)*

*How Gratitude Supports
Well-Being (Gratitude)*

*How to Give—And Why You
Should (Contribution)*

*You Are Not Your Thoughts
(Inquiry)*

*The Power of Compassion
(Compassion)*

Mindfulness for Deep Sleep

*Tune In to Your Body
(Movement)*

*Find Your Flow
(Engagement)*

Mindfulness for Work

*The Power of Presence
(Presence)*

*Nurture Strong Relationships
(Relationships)*

Mindfulness for Self-Care

Join us.

- Become a member of *The Relief Project* for instant access to our free, curated content series.
- Connect with Mindful's engagement experts to develop a robust, customized plan for your organization.
- Learn more about ways to support our mission to improve mental wellbeing in the workplace.

Thank you.

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