

CORPORATE UPDATE
Bulletin #20b: COVID-19 Updates
April 8, 2020

Daily Mindfulness Meditation Minutes for Staff

Fifteen minutes of online, live, guided mindfulness meditation is being offered daily, via [Zoom](#) video link for any interested Horizon staff and physicians.

In this time of heightened stress and anxiety it is easy to find ourselves functioning on constant high alert. This puts stress on our bodies and our immune system and makes it more difficult for us to respond with empathy, compassion and creativity. Mindfulness and self-compassion exercises can help us build our resilience and nourish a sense of inner peace.

Horizon's Pam Driedger and Lori Robertson are Certified Clinical Spiritual Care Practitioners and experienced Mindfulness instructors. They offer sessions from 10 to 10:15 a.m. daily (including Saturday and Sunday) beginning Tuesday April 14.

You can connect via phone, tablet or computer. If you are interested in participating, send an email to Pam.Driedger@HorizonNB and she will send you a recurring Zoom meeting invitation. Once you have the invitation, you can join in on any day that works for you.

The Zoom software is free and can be downloaded to your own personal computer, tablet or phone. While some users may be able to download to their Horizon computer, Horizon does not officially promote its use and Service New Brunswick does not offer support in downloading this app.