

## Government of New Brunswick / MindWell Partnership

The Department of Health recognizes the continued fear, stress and anxiety that the people of New Brunswick and their families may be experiencing because of the Covid-19 Outbreak. Even as we move towards recovery and identifying our “new normal” the need for Mental Health and Addiction intervention will remain and, in some cases, may become increasingly necessary.

Consequently, the GNB has partnered with a Canadian based company called MindWell to offer a suite of on-line services focused on mindfulness training. This easy to navigate, bilingual on-line resource is dedicated to teaching the skill of mindfulness in action. Mindfulness has been shown to significantly reduce feelings of fear and anxiety, increase resilience and improve well-being, performance and optimism.

### **The suite of MindWell services includes:**

#### **The MindWell Challenge**

The 30-Day Mindfulness Challenge is an on-line, evidence-based curriculum shown by university researchers to lower stress, increase resilience and improve well-being, performance and optimism. The Challenge starts every Monday and only takes 5 to 10 minutes a day. As well, everyone who registers for the Challenge gets to invite a buddy to take the challenge with them for free.

#### **The Mini MindWell Challenge**

A shorter, slimmed down version of the Full Challenge. The Mini is a great way for those on the fence to get started or for those who feel they are just too busy to commit to 30 days of training. The Mini can be a great first step for newcomers, as well as the perfect refresher for someone who has already taken the full Challenge.

#### **Studio BE**

Studio BE provides a variety of live engaging and informative content that supports learners on their mindfulness journeys. Programs available through Studio BE include:

- **Webinar Series** – Studio BE produces a Live Webinar Series with MindWell Faculty, focusing on a new topic each month. Audience members are encouraged to participate via live polls and insightful questions. Dr. Soloway and the MindWell Faculty provide answers to audience questions in real-time.
- **Virtual Mindfulness Studio** – Studio BE also produces MindWell’s live online mindfulness studio, offering weekly drop-in classes. These classes run for 20 minutes at midday, so employees can

also easily take a class, get refreshed and return to work, all without leaving their desk. Recordings of past classes and webinars are also available on demand.

Regardless of your level of stress or anxiety surrounding the current pandemic, the practice of mindfulness has several health benefits that support overall health and wellbeing. For a more in-depth description of the benefits of mindfulness, you are encouraged to check out the following introductory video <https://youtu.be/eXfcNAPbKvc>. The introductory video includes:

- A description of what is meant by “Mindfulness” and how it has shown to be helpful in reducing fears and anxiety
- What is the evidence?
- Who it can help (i.e. the general population including youth and seniors, health care providers, first responders, etc.)
- A Demo of how to access the suite of mindfulness programs and services available through MindWell website

**Soooo..... what are you waiting for – Sign up for the MINDFULNESS CHALLENGE today [app.mindwellu.com/newbrunswick](http://app.mindwellu.com/newbrunswick) .**