

# Mindfulness & Gratitude Sessions



## Reduce stress and increase a positive culture

Live Well Be Well would like to offer 5, 10, or 15-minute mindfulness and gratitude sessions that can be attached to your huddles or staff meetings! Request one session or multiple to make this a series. Choose from a list of topics below. Offered virtually or in-person.



### Be Mindful

*Practice mindfulness through breathing, eating, walking, and other daily activities.*

- Guided Imagery
- Progressive Relaxation
- One Moment Meditation
- Diaphragmatic Breathing
- Mindful Eating



### Show Gratitude

*Learn and practice how you can increase life satisfaction with gratitude.*

- Gratitude Journaling
- Letter of Gratitude
- Self-Compassion

**To schedule a single session for your next meeting or huddle, please click here: [Session Request](#)**

If you want a series of classes, please choose and apply for an evidence-based series through our Mini Grant program. [Mini Grant Website](#)