

# Embrace Mindful Living:

Are you ready for the  
“Mind My Wellness Challenge”?



**fseap** Now we're  
talking.

Parlons-en. **paesf**

Are you feeling the need to unwind and reset after the hustle and bustle of festivities during the holiday season?

Mindfulness practices, known for their stress-relieving benefits, offer a valuable tool for managing post-holiday stress and fostering a sense of calm and balance. Join us in our January mindfulness challenge and learn how to be more intentional around your work habits/schedule, eating and movement.

As the new year unfolds, a unique opportunity presents itself—one that transcends the traditional notion of New Year’s resolutions. Instead of setting temporary goals, we invite you to embark on a journey with us of cultivating sustainable healthy habits that can positively impact your life this year and onwards.

During this challenge, your FSEAP Health and Wellness Coach will help guide you on your journey of incorporating mindfulness into all aspects of your life.

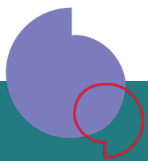
## In this Mindfulness Challenge, you will:

- Establish your main goal and learn to be more intentional around your work habits/schedule, eating, movement and relationships.
- Be supported in how to incorporate mindfulness into all aspects of your life.
- Be coached and guided throughout the challenge in four, 30-minute weekly conversations.
- Receive 4, weekly emails with mindful tips to keep you motivated, focused and successful!

Let’s explore why right now is the perfect starting point for fostering lasting well-being through mindful living.

## The Inherent Fresh Start:

January symbolizes a fresh start, not just for the year ahead. It provides a natural reset button, encouraging us to embrace a mindset focused on long-term well-being, rather than superficial resolutions. By framing our goals as sustainable habits, we shift away from the pressure of achieving instant change, allowing for gradual, meaningful progress.



Connect with us. 1.800.668.9920/TTY 1.888.234.0414

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## Reflection as a Catalyst for Growth:

January encourages reflection on the past year, providing insights that can shape our journey towards a more mindful, healthier living. Reflecting on our habits, both positive and negative, allows us to identify areas for improvement. Mindfulness involves acknowledging our experiences without judgment, paving the way for intentional, sustainable changes rooted in self-awareness.

## Mindful, Intentional Goal Setting:

Rather than succumbing to the pressure of traditional resolutions, January invites us to set intentional, realistic goals that align with our values. By integrating mindfulness into our goal-setting process, we can identify habits that contribute to our overall well-being. Whether it's mindful eating, regular movement, intentional breathing, or moments of stillness, these intentional habits become the building blocks of a healthier lifestyle.

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As we step into January, we invite you to join the mindfulness challenge and embrace the potential for cultivating sustainable, healthy habits.

Challenge Accepted? Call FSEAP to sign up anytime during the month of January for the **Mind My Wellness Challenge** now.

