



PEOPLEONE HEALTH

Mindful Moments

Learn how to tackle an overbooked calendar, demanding boss, financial worries, or emotional health concerns with Mindful Moments. Our series of mindfulness videos offers various concepts and strategies to help you achieve balance, happiness, and combat stress.

Mindfulness is about being fully present, tuning into your thoughts, feelings, and sensations without judgment. It enhances awareness and acceptance, leading to reduced stress, improved focus, and enhanced well-being. Integrate mindfulness into your daily life and unlock its transformative power today.



Breathing

- Steering the Ship Through the Storm
- Managing Boredom
- Happiness is Connection
- A Body Scan
- Progressive Body Scan



Focus

- Focus on the Mountain
- Can You Stay Present?
- Four (4) Attitudes of a Successful Practice
- A Practice in Focus
- Gaining Concentration
- Accessing the Five (5) Senses
- Mindfulness is...



Gratitude

- Practice Self-Compassion
- Happiness: A Gratitude Practice
- G.R.A.C.E.
- Holidays Can Be Chaotic



Mindset

- It's Not Fair
- Silence Your Inner Critic
- What is Mental Health?
- Resilience Warrior
- Cultivating Joy in Uncertain Times
- Negativity Basis
- Growth Mindset
- Fixed Mindset
- Notice, Shift, Rewire
- Begin Again



Stress

- Sayonara Stress: Part 1, 2, 3
- Understanding Radical Acceptance
- A Case of the "Shoulds"
- Using Mindfulness to Manage Stress



Values

- Honesty and Radical Truth-Telling
- Caring and Interconnection
- Mindful Communication