

# Mindfulness, mental health and your business



## Powerful skills to help you manage the present

Mindfulness is a simple and powerful practice that can be applied within your workplace, to promote resilience and strengthen management skills. It's about the mental processes involved in actively noticing new things, putting you in the present to engage with the world as it is right here, right now with a clear head.

Mindfulness training can help you live in the moment and make it easier for you to focus, recall more information and identify new opportunities. These skills can also provide an antidote to the mental stresses and strains of our information-rich 24/7 online culture.

Through Aviva Group Income Protection, you have access to professional programmes and training, delivered by Thrive. These sessions can give your employees the tools to support them in their mindfulness journey.

## Mindfulness and Meditation sessions

These sessions can be adapted to your specific business requirements.

### 1 30 minute Mindfulness session introduction:

- What is mindfulness
- Benefits of practicing mindfulness
- How to practice mindfulness
- 10-min mindfulness exercise
- 5-min reflection

### 2 30 minute Meditation session introduction:

- What is meditation
- Benefits of meditation
- Question: How people feel before meditation
- 10-min guided meditation
- Question: How people feel after meditation
- 5-min reflection

## Aviva workplace wellbeing

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Aviva's Group Income Protection provides access to a range of wellbeing programmes, all of which can be tailored to your business needs.

### Your business could benefit from:

- Increased productivity and engagement
- Reduced absenteeism and its associated costs
- Improved staff retention.

All Workplace Wellbeing solutions and Wellbeing services are non-contractual benefits that Aviva can change or withdraw at any time.

### Find out more

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Contact us at:

**wellbeingservices@aviva.com** and we'll get back to you to discuss your training needs, timescales and costs.