

# Mindfulness at Work

Enjoy Wellness Coach's on-demand sessions to relieve stress and create a positive culture in the office.



## Stress First Aid

Returning to the office might make you feel on edge and easily triggered. This breathing practice can help you to calm your body and mind in just a few minutes.

[Listen Now](#)



## Return to Work Affirmations

Elicit a change of mind around the newness of returning to work giving you a wider perspective on the good it may bring all around.

[Listen Now](#)



## Managing Uncertainty

Uncertainty can lead us to imagine things will be worse than they are. This guided meditation allows you to work through your fears and expectations to ease your transition.

[Listen Now](#)



## Daily Pre-Work Ritual

For this effortless practice we are going to walk through a morning routine to engage a sense of appreciation and excitement for the day ahead using gratitude, affirmations and intention.

[Listen Now](#)



## Setting the Right Intentions

This tip guide provides you with often-overlooked best practices that will make you into a master of directing your day.

[Listen Now](#)



## Commuting Playfully

In this practice, you will learn how bringing play to your life can be an experience of epic surrender.

[Listen Now](#)



## Return to Work With Purpose

Connect to the undiscovered value of your work, the people you help and the ways that your job can be a vessel for what matters most to you.

[Listen Now](#)



## Mindful Communication

This series of tips will help you listen deeply, understand the intentions and desires of the speaker, and respond so that they feel truly heard.

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## New to Wellness Coach?

The Wellness Coach app is available on desktop, mobile, Slack, Microsoft Teams, and Zoom. Follow the steps to download the Wellness Coach app on your smartphone today!

1

Scan the QR code

2

Log in and verify  
your work email



If you have any questions, please contact [support@wellnesscoach.live](mailto:support@wellnesscoach.live)