

Begin Mindfulness Training Today!



well-being

Mindfulness Training

Stress is a leading cause of illness, but did you know that mindfulness training is a proven way to keep you healthy? Whil is an on-demand video-based program that makes mindfulness training easy to access, simple to understand, and engaging. Learn the basics of emotional intelligence, yoga, and mindfulness through Whil's guided videos from expert trainers. Complete 10 Whil sessions in a month to earn \$10.

To View:

- Log in to the *well-being* pages on InsideCHI.
- Click on "Wellness" and select "Your Wellness Website"
- Visit the Programs page
- Select the Whil section



**Catholic Health
Initiatives**

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