

# THE MINDWELL PLATFORM

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MindWell is more than just the MindWell Challenge! Once you create a MindWell account by registering through [MHAhelpNS.ca](https://MHAhelpNS.ca) (click "Online Tools"), you have access to the full platform which includes online training, live guided mindfulness practices, monthly webinars with experts and a resource library.

## Video

An orientation video that provides an introduction to mindfulness + orientation to the MindWell platform can be found [HERE](#)

The three main components of the MindWell platform are:



The MindWell Challenge teaches mindfulness-in-action through daily practice that takes only a few minutes. There is a 30-day and 5-day mini version.



MindWell's Studio Be hosts drop-in guided mindfulness sessions so employees can ask questions, deepen your understanding of mindfulness and practice in community with others. Studio Be also hosts monthly webinars with a variety of experts in mental health, leadership, performance and more.



The Well is MindWell's on-demand library of mindfulness and wellness resources including videos, infographics and more!

# HOW THE CHALLENGE WORKS

Participants log on for fewer than ten minutes per day to go through a five-step process designed to optimize their absorption and retention of the material. MindWell teaches mindfulness-in-action, with the goal of helping users integrate mindfulness into their daily lives (vs. developing a seated meditation practice).

## Challenge Dashboard

The dashboard is divided into several sections:

- Welcome Video:** A video player showing a title card for "MINDWELL • U 30 Day Mindfulness Challenge" with a duration of 02:47.
- Buddy Invite:** A section with a "+ Buddy" button and a table for tracking invites.
 

Email	Status
	Accepted
- Message Center:** A section with two inbox buttons: "Buddy Inbox" (0 items) and "Company Inbox".
- 30 Day's Pacing:** A section showing the challenge start date as "Monday, November 26" and a table of daily tasks.
 

DAY	STATUS
Day 1 : Mindless or Mindful?	COMPLETED
Day 2 : In The Zone	COMPLETED
Day 3 : Thoughts Are Not Facts	COMPLETED
- Today's Take 5 Cue:** A section with a "Take 5" button and a graphic of a person celebrating. The text reads: "Take 5 when you have a pleasant or positive moment".

## User Experience

- 1. Check-in:** Records users results from the previous 24 hours
- 2. Learn:** A short video that teaches practical knowledge about mindfulness
- 3. Reflect:** A single multiple-choice question helps the user reflect on the learning
- 4. Practice:** Guided audio takes the participant through the Take 5 exercise