



A fitness studio for your mind™



Support your journey to emotional fitness

- Improve resilience
- Boost productivity
- Face life's challenges
- Find some calm



Mindstream™ is part of the
SupportLinc program and can be
accessed at supportlinc.com
group code: taboola

Welcome to Mindstream™

Discover expert wellness and mental health content on a secure, easy-to-use platform. Participate in sessions and streams to strengthen your emotional health, life skills and more.

Hi, Shannon!

| | |
|----------------|-----------------------|
| 30 days Active | 35 Completed sessions |
| 10 day Streak | 10 Completed streams |

Okay, let's go again breathing in and a sniff.

Anxiety Ease 04:58

Mike

Practice gentle breathing techniques to calm nerves, which reduces anxiety and fosters a calmer work environment.