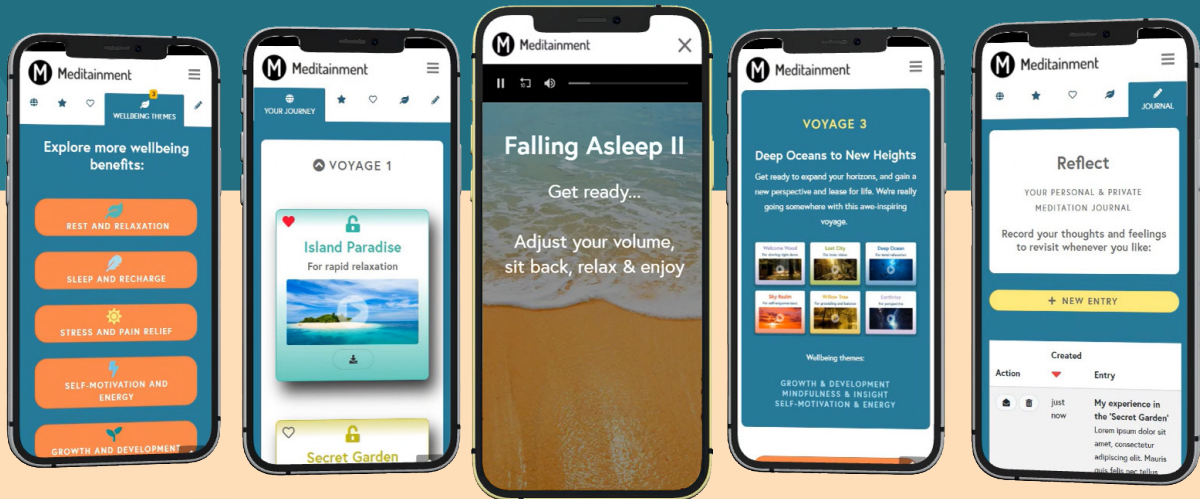


QUICK GUIDE

M Meditainment

Meditainment offers a quick, flexible and cost-effective way to support employees to improve their mental health and wellbeing, to remain in and be productive at work.

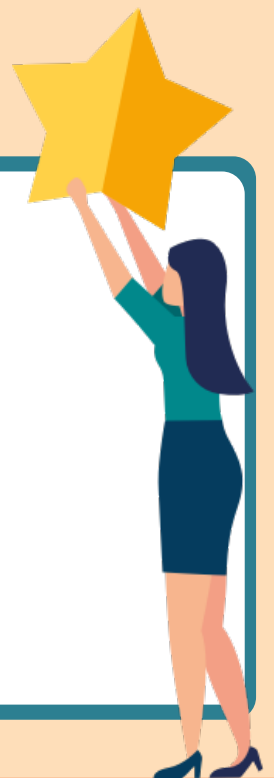


Meditainment is an **effective, discreet and accessible** digital program that empowers participants with the skills and knowledge to effectively overcome barriers in the workplace.

This is achieved through the practice of meditation and mindfulness approaches learnt throughout the program.

Meditainment can effectively complement and enhance strategies implemented by job coaches, mentors, VRCs or MHSSs.

- ✓ Quick and simple to get started
- ✓ Participants choose from a range of themes to best suit wellbeing needs
- ✓ Build positive habits to prevent escalations in stress, anxiety or depression
- ✓ Easily accessible on-demand to discretely practise skills at work
- ✓ Regular feedback to recognise progress and maintain motivation
- ✓ Reduction in anxiety, depression, and stress



EXAMPLE RECOMMENDATIONS / JUSTIFICATIONS

Meditainment enables participants to personalise their program by choosing from a range of wellbeing themes to manage their mental health positively. The following are examples of how utilising Meditainment might benefit different workers.

1 Office manager with pain, anxiety and stress avoiding work tasks and needing time off

Linda is an office manager whose routine work tasks include attending team meetings, administrative duties, organising events and travel for colleagues, and ensuring all equipment and supplies are maintained and well stocked. Linda has struggled with anxiety and worry for 4 years and says it affects her ability to do her job most days, and that she puts off completing tasks that they may find difficult or that involve communicating with colleagues. They have also needed to take occasional periods off work due to becoming overwhelmed during work interactions.

Meditainment will help Linda to learn meditation techniques to help become more self-aware and gain insight into her thoughts and emotions as well as lower stress, reduce anxiety and enhance mental health. Linda will be able to revisit exercises in Meditainment at work when she is struggling and particularly practice meditation skills when anxious to avoid additional stress, worry and potential work absences. Linda will be able to access all aspects of the Meditainment program, but of particular use will be the wellbeing themes of 'mindfulness & insight' and 'growth & development'.

2 Warehouse operative struggling to complete full days due to pain, fatigue and low mood

Joaquin is a warehouse operative whose day-to-day tasks include manual handling, driving forklifts and operating packing machinery. Joaquin currently struggles to get to work on time or manage full weeks at work due to low mood, fatigue and back pain, and so is falling behind on meeting their minimum targets.

Meditainment will support Joaquin to learn meditation skills and then practice exercises daily to prepare for their workday and build motivation to be able to manage full days and weeks. The Meditainment wellbeing themes relating to 'Stress & Pain Relief', 'Self-Motivation & Energy' and 'Rest & Relaxation' will be particularly useful to improve the issues that Joaquin has described, and regular email reminders will prompt them to practice skills regularly to maintain the benefits. On days when Joaquin is struggling, they will be able to revisit exercises and use meditation techniques to boost their motivation and mood during the day.

3 Hospitality worker, long drives and long hours, struggles with stress of customer interactions

Aparna works in hospitality and is interacts with customers all day, often when they are angry or upset. She also drives up to an hour to and from work each day, which can result in additional stress due to traffic or detours in her journey. Aparna can struggle to 'unwind' after long days, resulting in poor sleep, which adds to her stress.

Accessing videos and undertaking Meditainment exercises on first arriving at work will help minimise the impact of the commute on Aparna's day. Meditainment's wellbeing themes around 'Rest & Relaxation' and 'Sleep & Recharge' will enable Aparna to develop more self-awareness, improve their ability to unwind at the end of the day and increase their ability to sleep and recharge. Where Aparna identifies that stress is likely to escalate (e.g. before/after difficult customer interactions), they can revisit and practice Meditainment journeys related to stress or motivation to boost their mood and better cope with tension.

4 Work-from-home analyst falling behind with work, struggles with poor concentration, fatigue and worry

Luke works from home as a reporting analyst, which can involve prolonged periods alone reviewing documents and data on a laptop and writing reports. Luke finds that they struggle to maintain concentration and are falling behind with their work as a consequence, which is a source of worry.

It is recommended that Luke undertake the Meditainment program to enable them to better tune in to how their thoughts and emotions impact their body, to improve their concentration and attention span, and to lower stress and reduce anxiety. The wellbeing themes of 'Self-Motivation & Energy', 'Sleep & Recharge' and 'Mindfulness & Insight' may be particularly beneficial.

Meditainment will ensure that Luke maintains their motivation to practice the program by sending regular emails encouraging them to engage in regular meditation exercises for consistent benefit.

OUTSTANDING WORKPLACE OUTCOMES

29%

REDUCTION IN ANXIETY

21%

REDUCTION IN STRESS

29%

REDUCTION IN DEPRESSION



★ Trustpilot

"Very therapeutic and calming. Helps calm me when I'm stressed or feeling down. Revives me when I feel tired."

"It's great. It helps me relax and stay focused."

"Excellent, very relaxing. I have been suffering with a lot of stress at work and have been unable to get away for nearly 3 years now. This meditation [program] has really helped me escape from the stress of work."

"I was having some rough days at work due to stress. I approached my mental health first aider who suggested this course to me. Having had problems concentrating, I was a bit sceptical. I had no reason to be. I was immediately impressed at how relaxed and calm I felt. I look forward, with anticipation, to when the other [meditations] are unlocked. I would highly recommend this course to anyone that needs to destress or deal with other everyday problems."

"I love these meditations. After each, I'm so relaxed and have no anxiety or depression. I have multiple sclerosis and the one for pain management works very well."

MAKE A RECOMMENDATION

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FREQUENTLY ASKED QUESTIONS (FAQs)

Who is it for?

Meditainment is suitable for anyone who wants to reduce feelings of stress, anxiety or depression and improve their long-term wellbeing.

The program may be particularly beneficial where their ability to perform work tasks effectively are being impacted by difficulties with sleep, stress, pain, self-motivation or energy.

How does it work?

Meditainment promotes regular and consistent meditation practice by guiding participants on engaging visualised journeys, and reflections on wellbeing themes. Participants can expect to noticeably improve their mental and physical health and wellbeing, and gain meditation skills and practical relaxation techniques for effectively handling stress and boosting mood.

The program contains engaging audio-guided adventures to teach meditation and mindfulness skills and techniques, with accompanying motivational emails. Self-assessment tools help participants recognise progress and visualise outcomes, and the library of wellbeing themed meditations supports ongoing self-management and practice that is focused on individual wellbeing needs.

How long will the program take?

Participants are guided through three themed four-week modules, each containing six meditation destinations. Each destination takes around 20 minutes to complete, with set break points throughout the program to ensure pacing, so participants don't do too much in one go.

Most people take around 4 months to complete all three modules, however, participants have access to program content for the length of their licence (typically either 1 or 3 years) and typically return frequently to refresh and practice their skills as their needs change.

What will it do?

Meditainment teaches participants how to utilise meditation to relax and calm their mind effectively, so they can reduce their stress and become better able to manage and respond more positively at work.

Participants chart their health and wellbeing improvement by taking assessments before and after the program that measure their level of depression (PHQ-9) and anxiety (GAD-7). However, they should also feel some benefits immediately after completing a session.

This feedback helps participants to recognise progress and maintain motivation to continue practicing their new skills.

Is the participants data secure?

We take data security very seriously and have achieved a number of standards to demonstrate this, including DTAC and Cyber Essentials Plus. The personal information that we collect is stored and processed in the UK (London AWS) and in accordance with the EU General Data Protection Regulation (GDPR), the UK Data Protection Act 2018 and the US Health Insurance Portability and Accountability Act (HIPAA).

For further information please view our [privacy policy](#) and [regulatory standards](#).

STEPS ON THE PROGRAM

VOYAGE 1

Secret Escapes to Soothing Spas

Module wellbeing themes:

REST & RELAXATION
STRESS & PAIN RELIEF
SELF-MOTIVATION & ENERGY

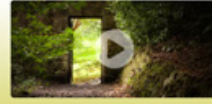
Island Paradise

For rapid relaxation



Secret Garden

For clarity



Tropical Sands

For stress management



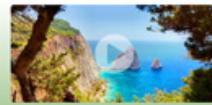
Mountain Refuge

For self-motivation



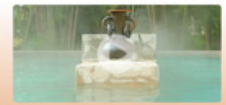
Fantasy Island

For calmness of thought



Serenity Spa

For renewed confidence



Country Meadow

For rest and tranquility



Arctic Igloo

For escape and refuge



Desert Oasis

For deep recharge



Holiday Beach

For feeling just great



City Park

For seeing opportunities



Blue Lagoon

For positive reflection



VOYAGE 2

Hot Deserts to Snow Plains

Module wellbeing themes:

SLEEP & RECHARGE
STRESS & PAIN RELIEF
GROWTH & DEVELOPMENT

VOYAGE 3

Deep Oceans to New Heights

Module wellbeing themes:

GROWTH & DEVELOPMENT
MINDFULNESS & INSIGHT
SELF-MOTIVATION & ENERGY

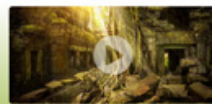
Welcome Wood

For slowing right down



Lost City

For inner vision



Deep Ocean

For total relaxation



Sky Realm

For self-empowerment



Willow Tree

For grounding and balance



Earthrise

For perspective

