



Take Five: Calm Your Busy Mind

Help employees stress less and focus on what matters most

TAKE FIVE: CALM YOUR BUSY MIND is a five-week motivational challenge designed to help employees relieve stress and focus on the positive things in life.

Client Benefits



- **Easily administered.** Turn-key staff and participant materials with professional marketing templates for easy implementation.
- **Science-based and professionally developed.** Peer-reviewed content to ensure current and accurate information.
- **Supports dimensions of health.** *Take Five* supports multiple dimensions of well-being—including emotional health. This simple program encourages participants to take small steps toward doing activities to manage stress and boost their well-being.

Participant Benefits



- **Simple activities.** Participants receive five weekly assignments via email they can complete in five minutes or less to help them relieve stress and focus on the positive things in life.
- **Guidance and motivation.** Participants also are encouraged to complete easy tasks—like taking stretch breaks, walk breaks and time to connect—to help them stay motivated and mindful throughout the program.
- **A positive keepsake.** *Take Five* provides a portfolio for participants to add to each week—such as inserting favorite photos and writing their goals and dreams. At the end of the program, participants can keep the portfolio as a stress-relief tool.

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What you need to know

- *Take Five* is designed to help participants stress less and boost their well-being.
- They receive five weekly assignments via email designed to take five minutes to complete to help them be mindful in the moment.
- Participants complete their assignments in their *Take Five* portfolio. At the end of the challenge, their portfolio is complete.
- Participants take a stress-scale survey before and after the program to measure the change in their stress levels.

Sample timeline

Eight weeks before launch: You select the program date and HealthFitness acquires incentive prizes (optional).

Two to three weeks before start date: Promotion, registration and individual sign-ups begin. HealthFitness sends out welcome email to enrolled participants.

Weeks one to five: Participants receive weekly emails and complete assignments.

Post-program: HealthFitness distributes prizes (optional) and participants complete post-program survey.

Add to your wellness programs

Contact your HealthFitness representative to add *Take Five* to your year-long wellness challenge programming.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.

