

Be Well

Mindfulness and Meditation Month-long Challenge, January 2026

Start 2026 out with a calmer mind

Mindfulness means paying attention to the present moment without judgment. It helps you manage stress, anxiety, and depression by promoting emotional balance and mental clarity.

Benefits of Practicing Mindfulness and/or Meditation

- Reduce stress and anxiety
- Improve focus and memory
- Boost emotional well-being
- Enhance self-awareness

How to Participate:

Complete at least 3 of the 7 suggested activities each week. Write the name of the activity on the tracker provided for each day. Submit this tracker, including an End-of-Challenge reflection on the back of this form by Feb 5 at 6pm.

Eligible participants will be entered into a drawing for one of 2 LifeStraw Gq Series Insulated stainless-steel water filter bottles.

To participate: **CHALLENGE 2026**

