



AN EFFECTIVE STRESS & BURNOUT PROGRAM DESIGNED FOR RHEP COALITION EMERGENCY MANAGERS

What is Mindfulness in Motion (MIM)?

Evidence-based **8-week virtual mindfulness program** teaching pragmatic resiliency tools that can be easily implemented in daily life to enhance well-being while mitigating the effects of chronic stress.

Topics Include

Mindfulness Introduction, Mindful Sleep, Breathwork, Mindful Eating, Work Life Balance, Identifying Stressors, Intentional Movement, Gentle Yoga. Become more present in daily life.

Benefits

Decrease burnout and stress, increase resiliency and work engagement. Improve sleep quality and job satisfaction. Renewed sense of meaning and purpose. **Lower fight or flight response** to improve quality of life. Program provides tangible skills for overcoming the challenges of working in an emergency setting.

App

Explore mindfulness practices anytime, anywhere, **“on the go”**. Over 100+ videos of guided mediations, gentle movements, breath work. In the moment resources for overcoming obstacles and stress.

When

April 25th, 2025 - June 13th, 2025

Sessions will be held virtual weekly for 8 weeks:

- Fridays @ 8:30-9:30am

BOOK NOW

Scan to Register

