



[Tao Group](#) is committed to supporting the mental wellness of our employees and guests nationwide.

To raise awareness for mental health in the month of May, TAO Cares presents

A Mindful Menu

Mind·ful·ness: A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Available resources include:

- Mindfulness Exercises
- Ways to Be More Mindful at Work
- Helpful Mindfulness Apps
- Volunteer Opportunities

VISIT [TAOGROUP.COM/MINDFULNESSMAY](https://taogroup.com/mindfulnessmay) FOR MORE INFO

Mindfulness can be used as a preventive measure for stress, anxiety, and difficulties with concentration and helps maintain and boost emotional wellness.

* All below [blue points](#) are links to content and services. *





Ways to be more mindful at work

[How to Meditate](#)

[Be More Mindful At Work.](#)

[How to Be Mindful at Your Desk](#)

[How to Be Mindful With Your Phone](#)

[Mindfulness for People Who Are Too Busy to Meditate](#)

[Creating a StigmaFree Workplace: A Guide for Supervisors](#)

[Working Well: How to Promote a Supportive Culture in the Workplace \(NAMI\)](#)

**“Dealing with disgruntled or dissatisfied customers,
it can be difficult to remain calm and patient.
By being more aware of your reactions,
you can offer better service and boost customer satisfaction.”**

WALKING AND COMMUTING MEDITATIONS

[Harvard Business Review: Your Car Commute Is a Chance to Practice Mindfulness](#)

[How to Practice Mindfulness While Riding the Bus or Subway](#)

[A Guided Walking Meditation to Savor the Day](#)

[How To Meditate On Your Commute](#)





MINDFULNESS EXERCISES

[Simple Breathing Techniques](#)

[Mindful ways to start the day](#)

When you are experiencing a particularly stressful moment, a popular **mindfulness exercise known as S.T.O.P. can be helpful:**

Stop. Just take a momentary pause, no matter what you're doing.

Take a breath, which brings you back to the present moment.

Observe. Acknowledge what is happening, for good or bad.

Proceed. Having observed the present moment, continue what you were doing.

HELPFUL MEDITATION APPS

[Oak Meditation](#) (completely free)

[Stop, Breathe and Think](#)

[10% Happier](#)

[All it takes is 10 mindful minutes](#) (Ted Talk)

POSITIVE ACCOUNTS TO FOLLOW ON INSTAGRAM

[@NAMICommunicate](#)

[@JED](#)

[@humansofny](#)

[@deepakchopra](#)

[@eckharttolle](#)



MENTAL HEALTH BENEFITS OF VOLUNTEERING

Doing Good Does You Good

Volunteering may be good for body and mind

Volunteering Is the Best Kept Secret for Mental Health



SIGN UP TO VOLUNTEER IN YOUR LOCAL COMMUNITY

[Volunteer Match](#)

[Create the Good](#)

Volunteer in **NYC**: [New York Cares](#)

Volunteer in **Chicago**: [Chicago Cares](#)

Volunteer in **Los Angeles**: [L.A. Works](#)

Volunteer in **Las Vegas**: [Nevada Volunteers](#)

[Become a trained Crisis Counselor](#)



JED

If you or someone you know needs help immediately, you should visit here to [get help now](#). You can also text "TEAM" to 741741 for free, 24/7 confidential support.



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255



If you are struggling with your mental wellness, it may be a good idea to take a free and confidential [screening](#) or ask someone you trust for help.





DISCLAIMER

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