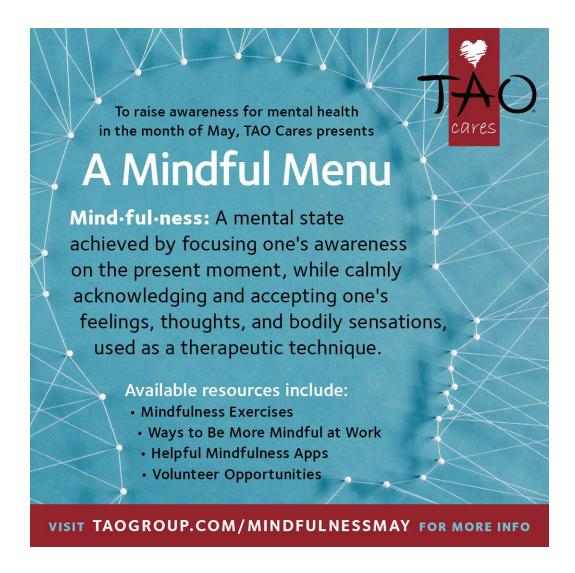


<u>Tao Group</u> is committed to supporting the mental wellness of our employees and guests nationwide.



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.

 \mathbf{T} ake 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 is Los Angeles: L.A. Works

Volunteer in Las Vegas: Nevada Volunteers

Become a trained Crisis Counselor







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 <u>screening</u> or ask someone you trust for help.





DISCLAIMER

The statements and materials contained herein are provided for the reader's own reference and consideration, and should not be construed as legal or other advice.

Tao Group assumes no responsibility for a reader's reliance on the statements and materials contained herein. Because applicable laws, including those related to disabilities, may vary greatly across domestic and international jurisdictions, readers should consult an attorney in the appropriate jurisdiction before relying on and/or implementing any of the statements and materials contained herein.

