mindstream™

Mindfulness

MICROBREAK

A record-setting mental health livestream



Join us live on July 23, 2024

Take a break for your mental health and help set a GUINNESS WORLD RECORDS™ title

We all take breaks throughout our day – grabbing a snack, using the restroom or scrolling on our phones. But what if we could make these breaks more beneficial for our mental health?

CuraLinc Healthcare developed **Mindstream™** to help you incorporate proactive mental health habits into your daily routine, no matter how much time you have to spare.

Take a moment for yourself and join thousands of others in a collective journey toward better mental health during a 10-minute guided mindfulness exercise to help you reset your focus and recharge.



Led by Mike Maher

Mike Maher is a highly sought-after breath coach and the founder and host of YouTube's #1 breathwork channel, **Take a Deep Breath**. He is also an esteemed Mindstream™ subject matter expert.

GUINNESS WORLD RECORDS® **OFFICIAL ATTEMPT**

Why should you join?

- **Effective breaks**
  Transform your break time into a rejuvenating experience, rather than a quick trip to the restroom or a mindless scroll on your phone
- **Immediate benefits**
  Mike Maher, founder of YouTube's #1 breathwork channel, Take A Deep Breath, will guide us through a powerful breathing exercise to reduce stress and recharge your mind
- **Global participation**
  Join thousands of people from around the world in a collective moment of calm and help us set the GUINNESS WORLD RECORDS™ title for the "most viewers of a mindfulness session on YouTube"

Tuesday, July 23, 2024

8am PT | **9am** MT | **10am** CT | **11am** ET | **4pm** BST

Scan the QR code or visit **mindstreamlive.com** to learn more.

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Mindstream™

A fitness studio for your mind

Explore live and on-demand sessions to build your life skills and emotional health as part of your ongoing emotional fitness routine. This dynamic care modality covers a wide range of ever-changing topics to prepare you for any challenges life may present. You'll want to keep returning to gain knowledge, improve resilience, boost productivity and more.







Mindstream™ is an engaging and easy-to-use platform that provides:

- Unlimited access to sessions that vary in length to fit into your daily life
- Filter options based on focus areas, instructor, language, session length or media type
- Expert instructors covering diverse topics, such as sleep fitness, stress reduction, work-life, parenting, career growth and more
- Badges and certificates to reward your progress, boost motivation and help you reach your goals
- A bookmark feature to save your favorite sessions and streams
- New sessions added weekly to continually enhance your emotional fitness

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Download the mobile app today!

supportlinc.com
group code: **lithia**

Mindstream™

A fitness studio for your mind

Mindstream™ for Microsoft Teams FAQ

What is Mindstream™ for Microsoft Teams?
Mindstream™ for Microsoft Teams is designed to enable participants to access and engage with a select set of Mindstream™ sessions directly within the Microsoft Teams meeting interface. With this integration, users can seamlessly incorporate Mindstream™ into their workday by accessing Mindstream™ sessions with others during meetings or individually.

How do I set up Mindstream™ for Microsoft Teams?
Once you sign into your Microsoft Teams account, please follow the steps below on a desktop computer using Chrome or Edge as a web browser. It will also be available in the Microsoft Teams client app (a downloadable Teams app that can be used separately from a browser). Please note that this integration is not available on other web browsers.

1. Select **Apps** in the vertical toolbar on the left
2. In the top search bar, search for "**Mindstream™**"
3. Click **Add** at the top of this page
4. Enter your **organization name**

Once you complete Step 4 above, you can access Mindstream™ through Microsoft Teams.

How do I play Mindstream™ content in a Microsoft Teams meeting?
Once you're in a meeting, follow the steps below while sharing your screen.

1. Select **Apps**, then search "Mindstream™" and select **Add to a meeting** in the drop-down menu on the **Add** button.
2. Search for your meeting name to add **Mindstream™** to your meeting.
3. You should now see Mindstream™ at the top of your screen in the meeting window. When you select **Mindstream™**, a search bar will open at the top right-hand corner of your screen.
4. You can get started by selecting one of our pre-selected sessions and playing it for your meeting group.

Download the mobile app by scanning this QR code.

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Mindstream™ for Microsoft Teams FAQ

Is Mindstream™ for Microsoft Teams only available in English?
Mindstream™ for Microsoft Teams has sessions in English and Spanish. However, you can access closed captioning in other languages on Mindstream™ via your EAP portal.

What data is collected by Mindstream™ and Microsoft Teams?
Mindstream™ will only receive the email address associated with the Team's account as well as the name of the self-entered organization.

Is Mindstream™ available within Outlook?
Yes, Mindstream™ is available on the left menu on the Outlook inbox page.

I have more questions about Mindstream™ for Microsoft Teams. Who can I contact?
If you cannot find the answer to your question, please email contact@curalinc.com.







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