

Mindful Mondays

This May, take a moment each Monday for you – to reset, recharge, and refocus – with Mindstream.

Mindstream is a free resource available to you and your household members through the SupportLinc EAP, with over 500 sessions (2–20 minutes) to support your overall wellbeing.

To access Mindstream, click a session link below and sign in with your SupportLinc credentials. You can also access Mindstream in the [SupportLinc web portal](#) or the MyCuraLinc mobile app by selecting Discover and scrolling to the bottom of the page.

New to SupportLinc? Visit mysupportlinc.com and use group code “northwestern” to create your account.

Mindstream sessions

Stress & Anxiety Relief

- [Anxiety Ease](#). 5 min. Practice gentle breathing techniques to calm nerves, reduce anxiety, and support a calmer day.
- [Calm Under Pressure](#). 6 min. Learn techniques for staying composed in stressful situations.
- [Mastering Stress](#). 3 min. Build practical skills to manage stress and strengthen resilience.
- [Using Breathing to Manage Stress](#). 3 min. Use breathing techniques for stress reduction and relaxation.
- [Grounding Skills](#). 5 min. Learn five grounding techniques and how to apply them.
- [Grounding in the Moment](#). 3 min. Practice tools to build awareness and presence.
- [Meditation to Reduce Stress](#). 7.5 min. Promote relaxation and wellbeing to help mitigate the effects of stress.
- [Meditation: Calming](#). 5.5 min. Melt away stress with a calming guided meditation.

Focus & Productivity

- [Dealing with Distractions](#). 3 min. Minimize distractions and maintain focus in a busy world.
- [Deep Focus Breathwork](#). 6.5 min. Use breathing techniques to cultivate deep focus.
- [Pre-Meeting Focus Boost](#). 6 min. Boost concentration and mental clarity before demanding tasks.
- [Mindfulness and Focus](#). 5 min. Practical ways to use mindfulness to support focus and reduce stress at work.

- [Mindful Breathing](#). 3.5 min. Practice box breathing for mindfulness and focus.
- [Zen Doodling for Mindfulness](#). 8.5 min. Increase focus through creativity and pattern-making.
- [Meditation: Focus](#). 5.5 min. Strengthen attention and overcome distractions.

Meditation Basics & Everyday Practice

- [Guided Meditation](#). 5 min. A structured meditation to promote relaxation, mindfulness, and mental wellbeing.
- [Meditation for Daily Practice](#). 5 min. A simple daily meditation to build awareness, foster resilience, and lower stress.
- [Mindful Breathing](#). 3.5 min. Practice box breathing for mindfulness and focus.
- [Mindful Movement](#). 3.5 min. Simple movement-based practices that incorporate mindfulness.
- [Meditation: Calming](#). 5.5 min. Melt away stress with a calming guided meditation.
- [Meditation: Creativity](#). 5 min. Techniques for cultivating creativity and fresh thinking.
- [Zen Doodling for Mindfulness](#). 8.5 min. Increase focus through creativity and pattern-making.

Sleep & Wind Down

- [Sleep Well](#). 8.5 min. Breathing techniques to support sleep quality and recovery.
- [Meditation for Deep Sleep](#). 3 min. Meditation techniques to support restful, rejuvenating sleep.
- [Meditation to Improve Sleep](#). 7 min. Calm the mind and promote relaxation to improve sleep.
- [Meditation: Wind Down](#). 10 min. Unwind and settle into a calmer end of day.
- [Post-Work Wind Down](#). 5 min. Ease the transition from work to relaxation.
- [Meditation: Calming](#). 5.5 min. Melt away stress with a calming guided meditation.

Resilience, Energy & Self-Care

- [Breaks as a Necessity](#). 9 min. Use breaks as a tool for sustainable success.
- [Boost Your Resilience](#). 4.5 min. Cultivate inner strength and adaptability to navigate challenges.
- [Energizing Morning Breathwork](#). 4.5 min. Start your day with energy and focus.
- [5 Quick Self-Care Strategies](#). 7 min. Practical self-care tips you can fit into even the busiest day.
- [The Power of Letting Go of Control](#). 5 min. Mindfulness strategies to release control over what's outside your influence.
- [Meditation to Promote Self-Compassion](#). 5 min. Use affirmations to build a kinder, gentler inner voice.

- [Mastering Stress](#). 3 min. Build practical skills to manage stress and strengthen resilience.
- [Mindfulness and Focus](#). 5 min. Practical ways to use mindfulness to reduce stress at work.

Team & Connection

- [Team Cohesion Breathwork](#). 3.5 min. A breathing exercise you can do as a team to work better together.
- [Mindful Breathing](#). 3.5 min. A quick reset you can use before connecting with others.

Interested in additional SupportLinc resources?

Try Soundscapes – ambient audio designed to help you decompress, support focus, or relax.

- [Brown Noise](#)
- [Calm Ocean Waves](#)
- [Calm and Quiet Forest Sounds](#)
- [Nature Sounds](#)
- [Nocturnal Symphony](#)
- [Peaceful Rainy Day](#)
- [Pink Noise](#)
- [Rain on Leaves](#)
- [Soothing Ocean Waves](#)
- [White Noise](#)

Utilize [guided breathing exercises](#), such as Coherent Breathing, Box Breathing, or 4-7-8 Breathing, to balance your mind and body and boost concentration and relaxation.

Explore Guided Paths – interactive experiences on the [SupportLinc web portal](#) and MyCuraLinc mobile app that help you relate, learn, practice, and reflect through real stories and proven tools.

- Connecting Mind and Body
- Lifting Low Moods
- Easing Anxiety
- Recovering from Burnout
- Adapting to Change
- Sleep Hygiene

Remember, SupportLinc resources are available beyond Mental Health Awareness Month. Your Employee Assistance Program (EAP) offers confidential, year-round support for emotional wellbeing - anytime, 24/7/365.