



NEW CHALLENGE

Mindfulness Challenge



23.01 - 29.01

Bring mindfulness, positivity, and goal-setting into the new year! Take a break for a breathing exercise, eat food slowly, and start the day with conscious awareness. With the "New year, new habits" mindfulness challenge, we invite you to practice daily to improve your mental well-being routine.

Set new healthy habits by reaching at least 5 mindfulness points a day for one week.