



Mind Matters Challenge

Think of the well-being of your inner world

Mindfulness Point Challenge: 09.10. - 15.10.

In these challenging times, your mental well-being is critical because it affects all aspects of your life. Explore our mindfulness section, earn 40 weekly mindfulness points to boost your inner strength and self-care. On World Mental Health Day on 10/10, we're putting a special focus on the well-being of your mind. Your mental health is a matter close to our hearts.

