May Mental Fitness Challenge

May 1 – May 31, 2025

Join the COM May Mental Fitness Challenge!

1. **Download the Wise@Work App to Register**
   Download the Wise@Work app on your phone from the App Store or Google Play Store. Use your COM email address (@marin.edu) to get access to the pre-mium version of the app. On the app, click on the Profile button and then click the Mental Fitness Challenge button to join the challenge. You can select if you want your name displayed on the leaderboard or to be anonymous (either choice is fine). Please check that your profile shows you are in the Mental Fitness Challenge, or your meditations may not count towards the challenge.

2. **Explore**
   Check out the **Situation or Mood** tabs for a fitting recharge or try the Wise@Work Daily for an instant recommendation.

3. **Practice, Learn, and Be Mindful**
   If meditations are not your thing, the app also has other learning modules and series that are work-focused and very relevant. You can choose how long you want to listen. The meditations and modules can range from 5 minutes to 20 minutes. You choose the time and duration that fit your schedule.

4. **Complete 20 wellness modules in May**
   Complete 20 meditations and/or learning modules in the month of May, and you will be entered into a drawing for prizes!

   You can do the same meditations or modules each day and multiple meditations and modules a day if you wish. You can use the app during any time of the day – morning, afternoon, or night. It is up to you how you would like to complete the challenge, but we hope you can find 20 chances to take a break and take some time for yourself in May.

   Please note: Premium access to the Wise@Work app is available all year-round for all COM employees. This is a special Meditation Challenge we are running until May 31, 2025. After the challenge, you may still use the app for meditations and mindfulness practices.

   ⋯→ **Questions? Contact Mariah Caracoza (wellness program consultant) at mcaracoza1@keenan.com**

   ⋯→ **Need Support with the app? Contact Challenge@wisdomlabs.com**
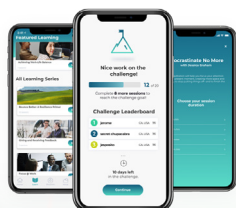
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