



Happify's science-based activities and games can help you overcome

# Mindfulness Resources

## Free Mindfulness Resources

These resources are not intended as medical advice; they are tools to help promote good mental and physical health. If anxiety or stress interferes with your ability to function or care for yourself or your family, seek immediate professional help. Check in with your personal physician, contact your company-sponsored Employee Assistance Program (EAP), call the National Suicide Prevention Lifeline (1-800-273-

