

## Digital mindfulness tools for wellbeing.

*an offering from Peace on Purpose*

### **What is Peace on Purpose?**

A partnership between the United Nations Foundation and lululemon, originally designed to support UN development and humanitarian workers with evidence-based, mindfulness tools to nourish their own well-being—so that they can continue to care for others. These simple, trauma-sensitive practices are designed to support people on and off the frontlines of humanitarian work respond to adversity, uncertainty, and rapid change as they tackle some of the world’s biggest challenges, including the COVID-19 crisis.

### **What is the offering?**

In response to the current global emergency, we recognize that in these unprecedented times we have a responsibility to expand access to Peace on Purpose resources for more humanitarian and frontline workers around the globe. We have created six trauma-sensitive, evidence-based mindfulness tools – specifically designed to support the needs of those on the frontlines.

These tools are practical and accessible – offered as audio recordings averaging about 5 minutes in length to support you with anxiety, isolation, restlessness, grief, finding calm, and responding to challenge.

So, this is for you. The content is completely free — in line with our goal to provide these tools to all who are on the frontlines of this global crisis.

### **How can I access it?**

Simple. Beginning April 21<sup>st</sup>, visit <http://shop.lululemon.com/story/practicing-mindfulness> to access all six tools (*in English*).

These tools will also be accessible via Insight Timer, the world’s largest free meditation app, in English and eleven other languages\*. Find them by searching “Peace on Purpose” in the app.

### **And finally, why mindfulness?**

This may come as no surprise that 50% of all UN staff report experiencing symptoms consistent with a mental health condition, such as stress or burnout. Mindfulness practices cultivate presence, resilience, and well-being through simple, evidence-based tools that are rooted in breath, movement, and awareness. Early research on the Peace on Purpose program suggests a 40% reduction of important psychological risk factors—such as anxiety and depression—and an increase in overall well-being and resilience.

*\*content will be accessible in English on April 21, Spanish/French/Russian/Italian/Brazilian Portuguese/Mandarin/Arabic on April 28, and Cantonese/Japanese/Korean on May 12*