

Department of Education and
Early Childhood Development
P.O. Box 6000
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Date : May 12, 2020
To : All school district personnel (Part II)
From : George Daley, Deputy Minister
Copies : Craig Caldwell, Assistant Deputy Minister, EECD
Robert Penney, Assistant Deputy Minister, EECD
Subject : **Bulletin #16: Mindfulness (COVID-19)**

On behalf of GNB, the Department of Health has partnered with [MindWell](#), a Canadian-based company, to offer a series of online mindfulness training. This easy to navigate resource is dedicated to teaching the skill of mindfulness in action.

When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. Regardless of your level of stress or anxiety surrounding the current pandemic, the practice of being mindful reduces stress. Spending a few minutes a day on mindfulness has several benefits that support health and wellbeing.

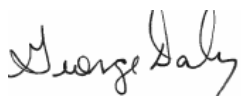
You are encouraged to explore the benefits of mindfulness and check out the following introductory [video](#).

The attached memo from the Department of Health provides additional details about the [MindWell](#) programs available to you and your family including:

- **30-Day Mindfulness Challenge**
- **Mini MindWell Challenge**, and
- **Studio BE** virtual classes

Be well, keep safe and continue to stay informed by checking GNB's coronavirus [website](#) regularly for up to date information.

You can find additional COVID-19 related resources [here](#).



George Daley
Deputy Minister