



Now more than ever, it's important that we take care of our emotional and mental wellbeing. The new challenges that all of us are facing may leave us feeling overwhelmed and caught up in the never-ending current of thoughts, feelings and emotions. Coming back to and focusing on the present moment can help us to meet these stresses with clarity and confidence.

For that reason, we've brought forward the launch of our new Inspire Mindfulness Institute website so that it's available to you right here, right now: [www.inspirewellbeing.org/mindfulnessinstitute](http://www.inspirewellbeing.org/mindfulnessinstitute)

Discover how mindfulness can help us to gain control and meet the challenges of our working lives and our wider world, gain insights from our leading mindfulness experts, and be inspired to take the first steps on your own mindfulness journey.

The site outlines the range of innovative mindfulness-based and compassion-focused training programmes we offer, but more importantly, it's packed full of information and resources that you and your teams are free to use to help build self-capacity and to develop your own mindfulness practice.

Also attached is our Mindfulness March e-zine. Please feel free to download and share with your teams.

Please also be sure to visit the Inspire Support Hub. We've added a new video, '**C-eeing is believing**' – a mindfulness exercise from our Lead Mindfulness Practitioner Frank Liddy to help catch our breath, to pause and to positively redirect our attention.



Visit the Inspire Support Hub at: [www.inspiresupporthub.org](http://www.inspiresupporthub.org)

For technical support on using the hub, email: [hubsupport@inspirewellbeing.org](mailto:hubsupport@inspirewellbeing.org)

For more on the Inspire Mindfulness Institute, email us at: [inspireworkplaces@inspirewellbeing.ie](mailto:inspireworkplaces@inspirewellbeing.ie)

The Inspire Team