

# MOBILE MINDFULNESS KIT REQUEST FORM



Mindfulness is an important stress-management and self-care practice. Benefits can include stress reduction, boosted working memory, improved focus, reduced emotional reactivity, more cognitive flexibility and enhanced workplace relationships.

Interested in trying out yoga, meditation, essential oils or mindful eating but don't want to invest in supplies until you've tried it? Check out the mobile mindfulness kit for free!

Consider the following ideas for kit use:

- Set the materials up in the breakroom for staff to test out
- Use in a staff meeting or professional development day to re-focus the group
- Start a before or after school mindfulness practice

For more information on D6 Worksite Wellness, visit [www.greeleyschools.org/worksitewellness](http://www.greeleyschools.org/worksitewellness)

Site Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

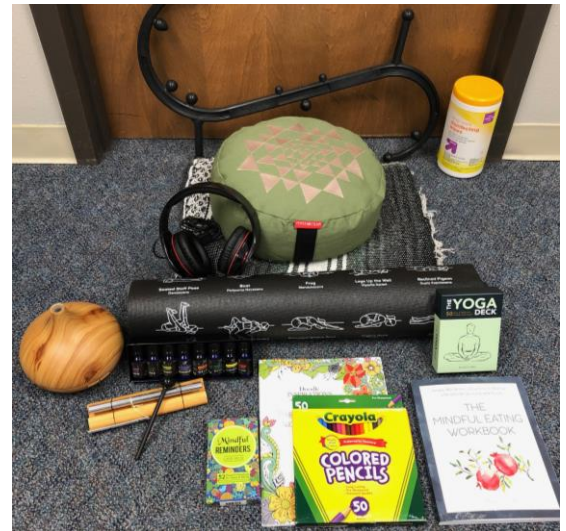
Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Kits (max 3): \_\_\_\_\_

Date You'd Like the Kit Delivered: \_\_\_\_\_

Date You'd Like the Kit Picked-Up for Return: \_\_\_\_\_



Requests will be filled on a first-come, first-serve basis. If the kit you requested is not available for the date you need it, you will be contacted via email. Please submit this request at least five business days prior to the date you need the kit.

Please return to:

D6 Nutrition Services  
Attn: Rachel Hurshman  
Email: [rhurshman@greeleyschools.org](mailto:rhurshman@greeleyschools.org)  
Phone: (970)348-6622  
Fax: (970)348-6630

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