**Staying anchored in the fast-moving stream of life**

Imagine sitting next to a peaceful, tranquil river… water rolling over the rocks, birds happily singing in the distance and the breeze rustling the leaves on the trees all around you.  As you sit there, your thoughts start to settle and become clear. Your body feels as if a weight is being lifted. You feel calm and grounded. As adrenalin clears you notice your energy level stabilizing. You feel restored.

This transformation is the product of mindfulness. Bringing your open and non-judgmental attention to what is happening right then allows for a clarity not always there for you when swept along by the fast-moving current of life without the anchoring presence of mindfulness. Studies show that mindfulness meditations can improve resilience circuits in brain and also reduce perceived stress by 29%.

Developing skill with mindfulness takes practice and instruction. Northern Light employees and spouses now have access to a mindfulness and meditation app at no cost to help them do that. Relaxx facilitates mindfulness with a variety of tools and exercises while teaching participants to how to conserve and create energy. Having more energy brings a peace and clarity that helps manage stress, prevent burnout, and combat anxiety. With practices and exercises from 1 minute to full one hour meditation, Relaxx provides the tools to enhance your overall wellbeing and live your best you.

The journey of life is fast moving. If you are a Northern Light employee of the spouse of one, [here is all the info you need to sign up](https://erc.enwisen.com/ASI/Page.aspx?code=def501d6&orgid=E4D94BAA-ABF6-4D8F-96D4-EF3CE7A2FC00&header=on&branding=off) and develop the ability to stay anchored and present in the rush.