



The United Federation of Teachers
MEMBER ASSISTANCE PROGRAM

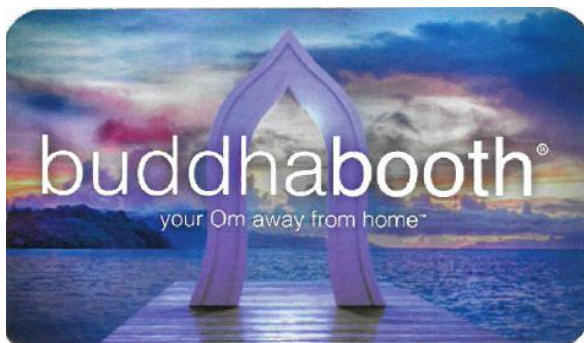
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Meditation

Meditation can provide neurological benefits, such as increased productivity, expanded clarity & focus, decreased levels of stress, and an overall enhanced sense of well-being, in as little as 5 minutes. Courtesy of BuddhaBooth, you can click the link or scan the QR Code with your smartphone to have instant access to 3-4 guided meditations. Content will be updated weekly.

<https://kiosk.buddhabooth.com/UFTwelcome/>



Free Meditation/Mindfulness Apps to Download on Your Cellphone:

Insight Timer

Calm

Smiling Mind

Stop, Breath & Think: Guided Meditations & Mindfulness