



Simple Peace Challenge

The holidays can be festive and fun – and they can also be a source of stress. With financial obligations, travel plans, and stressful emotions, it can be tough to stay in the holiday spirit without feeling overwhelmed.

Meditation is a mindfulness technique that trains your attention and awareness to achieve a calm and stable state. It can help you lower stress, improve focus, and make you feel more grounded – so you can ring in the holidays with a healthy mindset.

Join the **Simple Peace Challenge**, which runs from December 1- 7 to add more mindfulness to your daily life and set an intention for a peaceful holiday season. You'll meet the challenge goal when you practice and track your mindfulness practice for seven days.

To participate in the challenge:

1. Log into your Sharecare account or register at lahealthconnect.sharecare.com.
2. Select **Achieve, Challenges**, and **Simple Peace Challenge** to join.
3. Track your daily mindfulness practice directly on the **Simple Peace challenge** page. Aim to practice each day of the challenge, for a total of seven days.

Have questions?

Call **855-216-4863** to learn more or visit lahealthconnect.sharecare.com.



©2023 Louisiana Healthcare Connections. All rights reserved. Louisiana Healthcare Connections does not discriminate on the basis of race, color, national origin, sex, age, or disability.

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-595-8133 (ATS: 711).

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-595-8133 (TTY: 711).

Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-595-8133 (TTY: 711).