

## Companion Virgin Pulse WHIL Mindfulness 101 program suggestions, Week 4

### **Week 4**

Watch Welcome Emotions (mindfulness), The Benefits of Journaling (EQ)

### WHIL point breakdown

40 points per session 9 (this is double the usual points as a Monkey Mind bonus. You won't see the double points, however, until the end of the quarter.)

50 points if an entire program is completed

100 for completing 10 sessions in a month

200 points for completing 20 sessions in a month

You can find the WHIL program on the Virgin Pulse platform by clicking on Programs on the main menu then clicking on Reducing Stress under the FOCUS category circled in red below.

Search

**VIEW**

**All (11)**

Benefits (1)

**FILTER BY TOPIC**

**ENERGY**

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Eating Healthy (1)

Sleeping Well (1)

**FOCUS**

Reducing Stress (3)

**HEALTH SITUATIONS**

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Diabetes (1)