

NIH Joins the Mindful FED Program



What is Mindful FED?

The Office of Personnel Management's (OPM) Mindful FED is a first-of-its-kind interagency community of practice, complementing agencies' wellness goals by integrating mindfulness strategies and practices into federal workplace culture, enhancing employees' health and resilience, performance, and leadership development. Mindful FED nurtures a welcoming space of shared learning and growth.

See our [introduction to Mindful FED video](#).

This program is open to all employees expressing curiosity and intention for cultivating self-awareness and self-management.

Ways to Participate in Mindful FED

- Join the [Mindful FED Listserv](#): Federal employees can send a blank email to receive weekly invitations and resources
- Attend [NIH's Mindful FED Offering](#) every Thursday, 2:00 to 2:30 pm ET
- Listen to ["Mindful Musings" Audio Blog Series](#)
- Participate in the [Weekly Class Schedule](#)
- View and attend *any* [Inter-agency Offerings](#), held multiple times/day.
- Register for the [Mindful Approaches to AI Webinar Series](#). (*May to September*)

Questions? Contact [Leslie Pont](#), NIH Wellness Program Manager.

We hope to see you at Mindful FED Community events!