

# Some days are more stressful than others.



Soothe your mind, body and spirit with mindfulness and classical music, poetry and guided meditation, created especially for UC Health by TheWell.World, in partnership with Cincinnati Symphony Orchestra, Cincinnati Opera and other arts organizations.



# How to Access Soothing Resources from The Well

1. Go to [TheWell.World/learn](http://TheWell.World/learn) (Our easy to use web app can be downloaded from any computer or device once logged in to the Mindful Music Portal)
2. Log in to the Mindful Music Partner Portal with password `mindfulucm`
3. Enjoy classical music, poetry and meditations!

\*For best listening experience disable auto-locking on your device. For an iPhone or iPad, go to Settings ->Display & Brightness ->Auto - Lock -> Never. On Android devices Settings ->Security ->Screen Lock -> None

