



Join the Mindfulness Music Challenge

MAY 1 - MAY 31

For a chance to win one of three \$100 Amazon E-Gift Cards!
Reduce Stress, Improve Focus and Get Better Sleep with NeuroTunes.

Try These Recommended NeuroTunes and Elevate Your Mindset with Music!

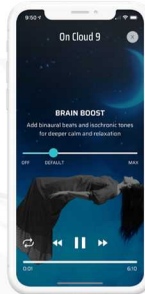
To accumulate brain points for trying out these exercises, sign up or log back into your Southern Company / Total Brain account.

See details below.



Forest Birds

Start your day listening to the gentle sounds of birds chirping. The sounds of nature make us feel safe and open our minds to the possibilities of the day ahead.



On Cloud 9

When you need a break, try listening to On Cloud 9. Let the tempo and cadence of this calming track do the work for you and have your worries float away.



Winding Down

If you have trouble falling asleep, use this track to create your presleep space. The binaural beats and isochronic tones help relax your mind and calm your thoughts.

Here's how it works



For a chance to win one of three \$100 Amazon E-Gift Cards complete activities below during the challenge dates: May 1 - May 31 2023:



1. Take an assessment = First Entry OR
2. Complete 8 exercises = Second Entry (NeuroTunes plus any Brain games, video tutorials or articles.)
3. Submit the challenge survey = Third Entry (a link to the survey will be sent via email during the last week of the challenge)

Start the Mindfulness Music Challenge!

Employees visit [mysource](#) or [SouthernLifeStyle Rewards](#) and click on the Total Brain tile.

Family Members 18+ visit www.totalbrain.com/southerncompany.

Also available for iOS and Android.

Download the APP and use the access code southerncompany.

Employees choose "I log in with a PIN"

Family Members 18+ choose "I log in with an email and password".

If during the challenge you complete your first or/ and second assessment, then it will also count towards your Total Brain annual incentive to earn up to \$50 towards your HSA, HRA or FSA.



Questions?

Contact support@totalbrain.com

Total Brain's programs are a benefit paid for entirely by Southern Company. Participants must be 18+ and enrolled in a medical plan through Southern Company to qualify.



Employees

Scan to sign up



Family Members 18+