

Zen Flow:

Your 6-Week Path to Sustainable Calm

Program Guide for Participants

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Program Overview

- **Zen Flow is a six-week wellness challenge** that guides employees through a structured exploration of stress management techniques across all dimensions of wellness. Each week focuses on a different dimension, offering both fundamental and innovative approaches to managing stress. **The program combines educational components, practical activities, and sustainable habit formation to create lasting positive change.**
- Research has shown that stress can lead to decreased productivity and increased absenteeism in the workplace, and significant health concerns. By addressing stress through the **six dimensions of wellness- physical, emotional, spiritual, social, intellectual, and occupational-** employees can develop comprehensive resilience strategies that enhance both personal well-being and professional performance.
- The **Zen Flow Summer Wellness Challenge** will be held from June 30 – August 8, 2025.
- **Participants can earn up to 3 tokens of achievement for each week of the challenge.** Minimum 1 token a week to earn credit for participating in the challenge.
- Each Monday, participants can attend the **Monday Morning Tip-Off session** to learn valuable tools for stress management in each week’s highlighted dimension of wellness. **This session will also include the option to participate in an informal group discussion/ chat around the topic and tips for the week.**
- **Attending the Monday Morning Tip-Off will be worth one** token for each week’s session. Participants will collect their tokens of achievement on the Motivation Alliance Portal.
- In addition to attending the Monday Morning Tip-Off session, participants have the opportunity to independently **complete two suggested “Zen Challenges” for each week.** These are practices and activities from a curated list of science-backed choices shared in the weekly email. The list of suggested options is recommended techniques or practices for each week’s highlighted dimension of health. Each completed Zen challenge is worth one token of achievement and can be claimed within the program challenge achievements on Motivation Alliance.

Participants will be sent MS Teams meeting links for each of the Monday Tip-Off sessions via weekly communications.

These live event sessions are available each Monday of the challenge from 11 a.m. to 11:40 a.m. Eastern Standard Time via Microsoft Teams. *NOTE* This is an externally generated meeting link hosted by Millennium Health and Fitness. Millennium asks that attendees ID themselves in their meeting profile to ensure easy access.***

Weekly Breakdown:

Registration for the Zen Flow Summer Wellness Challenge: your six-week path to sustainable calm challenge, please visit the Motivation Alliance Portal www.mhfwellnessportal.com during the registration period: **June 16 – 27, 2025.**

Flow Zone	Dates	Dimension	Theme
Zone 1	June 30 – July 6	Physical Wellness	Building Bodily Resilience
Zone 2	July 7 - 13	Emotional Wellness	Mastering the Inner Landscape
Zone 3	July 14 – 20	Intellectual Wellness	Engaging the Mind for Stress Reduction
Zone 4	July 21 – 27	Occupational Wellness	Thriving in Your Professional Environment
Zone 5	July 28 – August 3	Spiritual Wellness	Connecting to Purpose and Meaning
Zone 6	August 4 - 8	Social Wellness	Building Supportive Connections

You can earn achievement tokens as follows:

- Each week, you will have not one, but THREE different options to earn achievement tokens.
 - **Attend the Monday Tip-Off session-** 1 token each week
 - **Zen Challenge:** 1 token for completing 1 suggested practice/activity from the weekly list (in weekly communication)
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Incentive Items for the Challenge

Zen Flow Stream Starter: 6 Tokens Collected earns you a journal

Zen Flow Tide Taker: 12 Tokens Collected earns you a stress management self-help book

Zen Flow Wave Master: 18 Tokens Collected earns you an oil diffuser

*** Employees can only earn 1 incentive***

NOTE: Collecting tokens in the Motivation Alliance platform to earn incentives is optional. All participants will be emailed the challenge details and resources each week.

Registration

To register for Zen Flow: your six-week path to sustainable calm challenge, please visit the Motivation Alliance Portal www.mhfwellnessportal.com during the registration period, **June 16 – 27, 2025**.

Register for the challenge:

- To register, log in using your ID and password [HERE](#) to your MHF Wellness portal account select “Register Now” in the middle of the middle of the screen under the program for the Zen Flow Summer Wellness Challenge.
- Contact Lschaefer@millenniumhealthandfitness.com for any technical assistance.



How to Get Started:

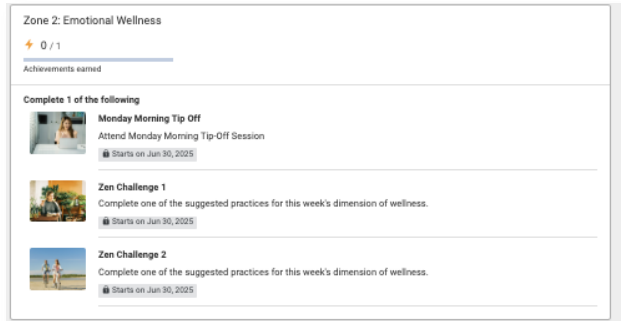


Step 1: Navigate to the challenge.

- In the middle of the screen under the program, you will see Zen Flow Summer Wellness Challenge details.
- Click on the “Program Details” box under the program heading to begin.



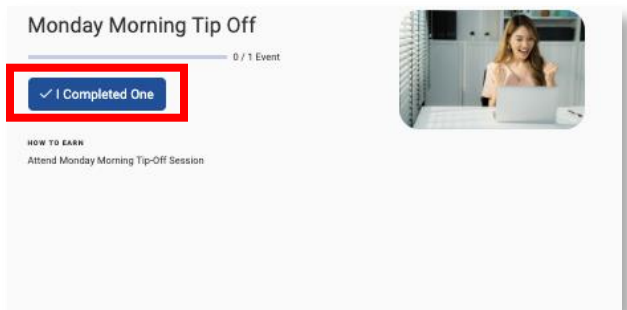
- After completing a practice or activity, find and select that achievement to claim it.



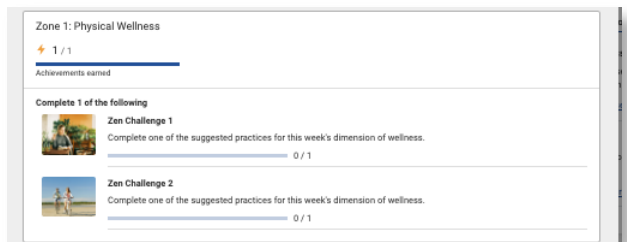
Step 2: Begin Collecting your Achievement Tokens

To receive tokens for the achievement, select the activity that you completed. On the following screen:

- Click **“I Completed One”** when you have finished each task on the designated week/zone.



Step 3: Repeat Step 2 for each activity or practice that you complete in that week/zone.



Additional Resources

(In addition to the information below, helpful resource links tailored to each presentation and associated dimension of wellness will be included in the weekly Zen Flow participation emails.)

[Millennium Health and Fitness DFAS Virtual Programming Portal](#)

DFAS On Demand Fitness Library: Find the online On Demand fitness library where you can access a plethora of health education learning sessions, guided meditation sessions, stretch break demonstrations and fitness classes whenever you please!

Meet the Team

Laurel Schaefer, HWC, RYT

Laurel is the lead Health Promotion Coordinator for DFAS. She is a graduate of the Exercise Science and Kinesiology program at Shepherd University. She has spent the past 18 years supporting those who want to adopt a healthier lifestyle through nutrition and exercise. She brings a holistic, inclusive approach to wellness, combining her passion for fitness, advocacy for accessible mental health programs and practices, and zeal for lifelong learning. She brings her skill set to DFAS with the mission to enhance opportunities and create more avenues for wellness in the workplace. In this spirit, Laurel also provides health and wellness coaching for DFAS employees under the DFAS Wellness Program as a certified HWCA Health and Wellness Coach. She also holds multiple fitness instruction certifications and is a Registered Yoga Instructor, Meditation facilitator, and Human Kinetics Athletic Coach.



In her spare time, she returns to her other passion, the arts. In addition to being a multi-medium artist, she enjoys teaching art and design to students of all ages. Laurel lives in Maryland with her husband, Eric, and two dogs, Julep and Delta.



Jeff Banham, CEO

Jeff brings over 30 years of leadership from high-stakes roles in the Fire Service, US Army, CIA, and Business. With his innate ability to visualize systems, he excels at aligning people and processes to drive growth while dissecting the complexities of human behavior. Jeff's fascination with why we do what we do—especially under pressure—stems from navigating crisis environments, from counterterrorism to corporate strategy. His insights into the interplay of psychology, sociology, and performance shape his approach to leadership and innovation.

Over the past five years, Jeff turned his attention to the health and fitness industry, seeking to disrupt behavioral patterns by understanding all factors influencing choice. Jeff's philosophy blends relentless curiosity with practical application, helping others find clarity amidst complexity. He remains grounded in his mission to understand what anchors us, seeking

the “original state” of safety that drives behavior. And most importantly, Jeff gets to be a dad to three incredible humans who will undoubtedly conquer the world one day.



Sean Venckus, MS, CSCS, TSAC-F

Sean is a United States Army Veteran with over a decade of leadership experience in sports medicine as well as strength and conditioning. He has a Bachelor of Science degree from George Mason University in Athletic Training as well as a Master of Science degree from Concordia University Chicago in Strength and Conditioning.

Sean spent 8 years as an Athletic Trainer for the University of Alabama Huntsville Hockey and Baseball teams prior to joining Millennium. He has served Millennium for 5 years as both a Fitness Coordinator and Operations Manager, helping provide world-class Wellness and Fitness services across the globe.

Sean has been married to his wonderful wife Katie for 16 years and has a son, Ryan (7), and a daughter, Avery (5). When not at the gym, Sean can be found at the golf course, fishing pond, or his backyard grill.

The Six Dimensions of Wellness Model

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.

OCCUPATIONAL The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.



Occupational wellness follows these tenets:

- It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

PHYSICAL The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs, and excessive

alcohol consumption.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.

SOCIAL The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

INTELLECTUAL The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

SPIRITUAL The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

EMOTIONAL The emotional dimension recognizes awareness and acceptance of one’s feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one’s self and life.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

How to Create an MHF Wellness Portal Account

Step 1: Go to:

<https://www.mhfwellnessportal.com/>

Note: use Google Chrome or Microsoft Edge

OR SCAN the QR Code below:



Step 2: Click “Don’t have an account? Sign up now!”

Step 3: Fill out the information.

Note: Location: Defense Finance Accounting Services Unit: DFAS
Enrollment code: scroll through and find your location.



Step 4: Under the Credentials section, fill in the ID and password with what you would like your ID and password to be.

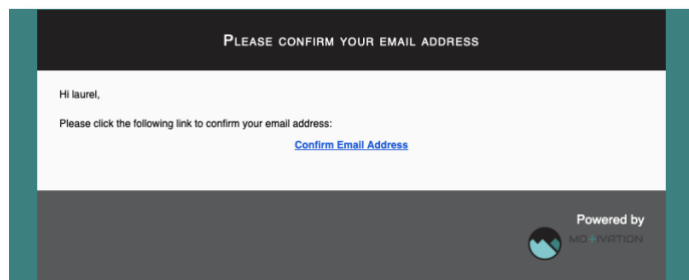
Step 5: Check email to confirm email address.

Step 6: Right-click the blue hyperlink text “**Confirm Email Address.**”

Step 7: Select Copy link address.

Step 8: Paste in a Word document and delete caution (**paste using the Keep Text Only (T) option**)

Step 9: Copy and paste this URL back into Google Chrome to confirm your account.



We hope this challenge helps to motivate and create positive, enriching shifts to your everyday habits that will enhance each of the 6 dimensions of wellness. If you have any questions regarding this Zen Flow Summer Wellness Challenge or need any assistance, please email

MHF Health Promotion Coordinator, Laurel Schaefer:

LSchaefer@millenniumhealthandfitness.com