



Mindfulness in Arabic

an online resource that makes mindfulness and meditation accessible to airline pilots.

Eisen hopes talking openly about mental health will someday be as common among pilots as any other topic. "With the drug and alcohol program, they introduce it at training. But we do not have conversations about mental health in training. We just need to have the conversation for real, out in the open."

Mindfulness in Arabic

Mindfulness in Arabic, a free online program, aims to provide trauma-informed mindfulness training in Arabic to refugees fleeing violence in their home countries. Developed by JuDitta Ben-David, a mindfulness teacher and therapist specializing in trauma, the effort has been supported with input from leaders in the mindfulness community, social workers on

the front lines of refugee relocation efforts, and Arabic language specialists. The eight-week program is designed to be used by aid workers at refugee camps as well as by refugees who have online access—some of whom are in transit, and others who have relocated to cities around the world.

Eyes Off the Road

People often say they want to meditate but can't find the time. Ride service Uber, partnering with meditation app Calm, is solving that modern dilemma by giving British passengers the opportunity to experience 3- to 30-minute mindfulness sessions en route, without a moment's disruption to their busy lives.

TAKE A MOMENT

Relax—in a chair, on the floor, on the bed. Be aware of your body resting and the feeling of being supported.



ACTS OF kindness



Ron and Sharleen Gillies were driving to see Sharleen's dying mother when they got into a minor car accident. A man named Dean Moore noticed the couple by the side of the road and stopped to help. Hearing their story, Moore drove the Gillies 200 miles out of his way so the couple could say good-bye to Sharleen's mother, who died the next day.

When Twitter user Michael Beatty made a job at comedian and actor Patton Oswalt in response to a politically charged tweet, Oswalt first responded with a lighthearted joke. He then checked out Beatty's Twitter feed, only to discover the man was a Vietnam vet who had recently set up a crowdfunding campaign seeking \$5,000 to pay medical bills resulting from sepsis, diabetic ketoacidosis, and a coma. Oswalt donated \$2,000 and shared the campaign with his massive online following. Within 24 hours, the campaign had raised more than \$35,000.



27-year-old Altavious Powell noticed the home of his 93-year-old neighbor, Maria Cabral, was on fire. He rushed over and smashed a window with the cast on his broken arm to rescue her.