

Feeling Overwhelmed? Learn Mindfulness Skills to Stop “Auto-Pilot” Stress Reactions and Make Choices to Calm the Chaos

Work and our daily responsibilities have a way of creating stress in our life. We put pressure on ourselves to overachieve. Stress management through guided mindfulness practices can improve resilience and help us feel better. In this session, you will learn to better handle stress and roll with the inevitable challenges of life.

In Feeling Overwhelmed? you will begin to:

- Enjoy renewed energy, focus and creativity
- Stop reacting and start responding with calmness
- Experience mindfulness practices, and how to integrate them into your day



REGISTRATION INFORMATION

Join us for our free **Stress Less, Live More™** online session. Registration is easy!

June Session: **Feeling Overwhelmed? Learn Mindfulness Skills to Stop “Auto-Pilot” Stress Reactions and Make Choices to Calm the Chaos**

Dates and Times – Choose One:

June 10th at 1:00 pm Arizona time

June 25th at 12:00 pm Arizona time

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your “Unique ID” when prompted.

Please contact Tech Support at **1-855-211-1536** or techsupport@emindful.com with any questions.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

COMING IN JULY

Stress Less, Live More™

Improving Productivity and Performance with Emotional Intelligence and Mindfulness

Save the July Session Dates:

July 16th 11:00 am Arizona time

July 28th 1:00 pm Arizona time

Weight Balance for Life

Time to Get Moving! Overcoming Obstacles to Becoming More Active

Save the July Session Dates:

July 15th 11:00 am Arizona time

July 30th 12:00 pm Arizona time

