

# Capturing Your Secrets to Success by Creating a Personal Mindful Way to Reduce Stress Action Plan

Planning is important for success, whether it's a plan of action, a plan for reaction, or even a project plan. Taking a proactive approach to managing stress can help you stay one step ahead, rather than falling behind. In this session, you will create a personal action plan for dealing with stress when it occurs.

In Capturing Your Secrets to Success, you will begin to:

- Have a basic understanding of mindfulness
- Understand the importance of creating a Mindful Way to Reduce Stress action plan
- Have an idea of how and where to integrate these practices into your life



## REGISTRATION INFORMATION

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

November Session: **Creating Better Relationships with Mindfulness**

Dates and Times – Choose One:

**November 17th 11:00 am Arizona time**

**November 24th 2:00 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](mailto:techsupport@emindful.com) with any questions.

## COMING IN DECEMBER

**Stress Less, Live More™** More Happiness With Mindfulness in Daily Living

**Save the December Session Dates:**  
December 9th 12:00 pm Arizona time  
December 15th 11:00 am Arizona time

## Weight Balance for Life

Holiday Eating 2

**Save the December Session Dates:**  
November 8th 12:00 pm Arizona time  
November 16th 1:00 pm Arizona time

