

Learning About Stress and Eating: How to Get Out of the Stress and Eating Cycle

Do you ever find yourself wanting to eat when you feel stressed? Do you associate food with comfort? Conventional approaches to weight loss include exercise and diet management. Yet research consistently shows people who are capable of losing weight don't keep it off because eating has become a way of habitually coping with stress. Join eMindful for this one-hour online class and learn how

mindfulness can help you stop the stress and eating cycle.

In Learning About Stress and Eating, you will begin to:

- Experience food in a whole new way
- Recognize emotional triggers that can cause us to eat more
- Learn how to incorporate mindfulness practices anytime, anywhere



REGISTRATION INFORMATION

Join us for our free **Weight Balance For Life** online session. Registration is easy!

March Session: **Learning About Stress and Eating**

Dates and Times – Choose One:

March 13th at 11:00 am Arizona time

March 23rd 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 APRIL

Stress Less, Live More™

Learning How to Get Out of the Stress + Eating Cycle

Save the April Session Dates:

April 16th 11:00 am Arizona time

April 23rd 12:00 pm Arizona time

Weight Balance for Life

Your Body as a Stress Storehouse:
How to Change It with Mindfulness

Save the April Session Dates:

April 7th 12:00 pm Arizona time

April 21st 11:00 am Arizona time

