Your Body as a Stress Storehouse: How to Change it With Mindfulness

Stress has a larger impact than one would originally think. While we may be used to the amount of stress we encounter and find that stress normal, all stress activates our stress response which can also impact our health, performance at home and work, and our quality of life. In this session, we will learn about reacting versus responding, and learn to pay closer attention to our bodies to see where the stress lies.

In Your Body as a Stress Storehouse, you will begin to:

- Understand the difference between reacting versus responding
- Pay attention to our body on purpose without judgment
- Know how and where to integrate these mindfulness practices into everyday life

REGISTRATION INFORMATION

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

April Session: **Your Body as a Stress Storehouse: How to Change it With Mindfulness**

Dates and Times– Choose One:
April 14th at 11:00 am Arizona time
April 27th 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.

COMING IN MAY

Stress Less, Live More™

Too Busy to De-Stress? Overcoming Common Challenges to Practicing Mindfulness

Save the May Session Dates:
May 10th 11:00 am Arizona time
May 25th 12:00 pm Arizona time

Weight Balance for Life

Identifying, Exploring and Challenging Thought Patterns that Lead to Weight Gain

Save the May Session Dates:
May 11th 11:00 am Arizona time
May 26th 12:00 pm Arizona time

eMindful® Accountable Wellness

Arizona Department of Administration Benefit Options Benefit Services Division