

# Feeling "Stressed Out"? Learn How to Stop the Stress Cycle

It is common in our culture to experience stress. Often our experience of stress is so automatic that it never occurs to us that things could be different. In this session, we will look at the specific parts of the stress cycle where we can intervene to create a different outcome. You will receive handouts and recordings to support you in creating your own mindfulness practice.

In Feeling "Stressed Out"? Learn How to Stop the Stress Cycle, you will begin to:

- Have a basic understanding of mindfulness
- Understand the stress cycle
- Have strategies for interrupting the stress cycle
- Have experienced mindfulness practices
- 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!

February Session: **Feeling "Stressed Out"? Learn How to Stop the Stress Cycle**

Date and Time:

**February 9th 12:00 pm Arizona time**

**February 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 MARCH

### **Stress Less, Live More™**

Less Stressful Living with a Mindfulness Attitude

**Save the March Session Dates:**

**March 10th 12:00 pm Arizona time**

**March 22nd 12:00 pm Arizona time**

### **Weight Balance for Life**

How to Get Out of the Stress & Eating Cycle

**Save the March Session Dates:**

**March 11th 12:00 pm Arizona time**

**March 29th 12:00 pm Arizona time**

