

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

It is easy to place the blame for not practicing mindfulness on your wandering mind, being too busy, or falling asleep. But those things are normal and happen for everyone. In this session, we will explore common obstacles that keep people from practicing mindfulness, and consider how to get over them.

In Too Busy to De-Stress, you will begin to:

- Have a basic understanding of mindfulness
- Understand common obstacles to a mindfulness practice
- Develop strategies to overcome those obstacles



## REGISTRATION INFORMATION

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

May Session: **Too Busy to De-Stress? Overcoming Common Challenges to Practicing Mindfulness**

Dates and Times– Choose One:

**May 10th 11:00 am Arizona time**

**May 25th 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](mailto:techsupport@emindful.com) with any questions.

## COMING IN JUNE

### **Stress Less, Live More™**

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

Save the June Session Dates:

**June 15th 12:00 pm Arizona time**

**June 28th 11:00 am Arizona time**

### **Weight Balance for Life**

Understanding Emotional Eating and How to Free Ourselves From its Hold on Us

Save the June Session Dates:

**June 16th 11:00 am Arizona time**

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

