

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

Everyone experiences difficult emotions at some point or another. Often, this can lead us to eating food to avoid being with those unpleasant feelings. It could be so normal that we don't even know we're doing it! In this session, we will learn how to increase our awareness of how we experience difficult emotions. This will allow us to pause the automatic response of eating to help determine what we truly need in the moment.

In Understanding Emotional Eating, you will begin to:

- Understand how mindfulness plays a role in weight management
- Identify automatic pilot reactions to emotions
- Learn a mindfulness practice to help identify and "be with" emotions

## REGISTRATION INFORMATION

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

June Session: **Understanding Emotional Eating and How to Free Ourselves From its Hold on Us**

Dates and Times – Choose One:

**June 14th 11:00 am Arizona time**

**June 27th 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 [support@emindful.com](mailto:support@emindful.com) with any questions.



COMING IN JULY

### Stress Less, Live More™

Improving Productivity and Performance with Emotional Intelligence & Mindfulness

Save the July Session Dates:  
**July 19th 1:00 pm Arizona time**  
**July 27th 11:00 am Arizona time**

### Weight Balance for Life

Time to Get Moving! Overcoming Obstacles to Becoming More Active

Save the July Session Dates:  
**July 18th 11:00 am Arizona time**  
**July 26th 12:00 pm Arizona time**



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

Life comes at us fast. When a stressful event approaches, we usually make an attempt to protect ourselves by reacting, though we usually don't notice the thoughts, emotions and sensations that are involved in our reactions. In this session, we will learn how mindfulness can help put some space between those stressful events and our reactions so we can turn off auto-pilot and react appropriately.

We cannot eliminate all stress, but we can more skillfully respond to it.

In Feeling Overwhelmed?, you will begin to:

- Have a basic understanding of mindfulness
- Understand the impact of stress on you and your productivity
- Integrate these practices in everyday life

## REGISTRATION INFORMATION

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

Dates and Times– Choose One:

**June 20th 12:00 pm Arizona time**

**June 29th 1:00 pm Arizona time**

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