

# How To Get Out Of The Stress & Eating Cycle

A normal trait seen among many people is the way we eat when we are stressed. It's easy to turn to a cheeseburger to calm our nerves, but in the end that can cause us more stress. In this session, we will understand the importance of mindfulness in weight management. We'll learn to notice our body's responses to stress, and understand how to manage them mindfully.

In How To Get Out Of The Stress & Eating Cycle, you will begin to:

- Have a basic understanding of the role of mindfulness in weight management
- Understand and notice the body's response to stress
- Increase awareness of typical food choices when highly stressed



## REGISTRATION INFORMATION

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

March Session: **How To Get Out Of The Stress & Eating Cycle**

Dates and Times – Choose One:

**March 22nd 11:00 am Arizona time**

**March 28th 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 APRIL

### **Stress Less, Live More™**

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

**Save the April Session Dates:**

**April 12th 11:00 am Arizona time**

**April 25th 12:00 pm Arizona time**

### **Weight Balance for Life™**

Decreasing Dependence on Food  
for Pleasure

**Save the April Session Dates:**

**April 17th 1:00 pm Arizona time**

**April 24th 12:00 pm Arizona time**

