

# Creating Better Relationships with Mindfulness

Relationships can influence our stress levels positively or negatively, and it's important to bring present moment awareness to these interactions. Increased communication can increase your relationships, as well as determining if a relationship is positive or negative. In this session, we will evaluate our

current relationships, as well as the art of mindful communication.

In Building Emotional Literacy, you will begin to:

- Identify relationships that are nourishing or depleting
- Learn to communicate more mindfully
- Understand the role of relationships in stress



## REGISTRATION INFORMATION

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

October Session: **Creating Better Relationships with Mindfulness**

Dates and Times – Choose One:

**October 14th 12:00 pm Arizona time**

**October 29th 1:00 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 NOVEMBER

### **Stress Less, Live More™**

How to Capturing Your Secrets to Success by Creating a Personal Mindful Way to Reduce Stress Action Plan

**Save the November Session Dates:**

**November 17th 10:00 am Arizona time**

**November 24th 1:00 pm Arizona time**

### **Weight Balance for Life**

Mindful Strategies for Working with Foods that Are a Problem for Us

**Save the November Session Dates:**

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

**November 17th 11:00 am Arizona time**

