

# Understanding those Urges to Eat and Learning How to Work with Them

Do you ever experience urges to eat, even when you're full? These urges can be our way of managing our emotions or avoiding dealing with stress. In this session, you will develop the ability to recognize these urges for what they are, as well as learn how to manage them and eat more mindfully.

In Understanding Urges, you will begin to:

- Recognize what your urges really are
- Differentiate the experience of urges and the behavioral reaction to them
- Explore strategies for incorporating mindful eating practices everyday

# Building Emotional Literacy to Transform Stressful Situations into Powerful Opportunities for Change

Your emotions can have a huge effect on your body and mind. Often times, "judging" or "pushing away" discomfort has a lesser affect than just "allowing" it or "letting be". In this course, we will discuss and develop awareness of our emotions and their effects, and learn to integrate qualities of

acceptance to form the groundwork of making change.

In Building Emotional Literacy , you will begin to:

- Understand how thoughts influence emotions
- Identify emotions through the "exploring emotions" practice
- Experience consciously shifting attention during mindfulness practice



## REGISTRATION INFORMATION

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

September Session: **Understanding those Urges to Eat and Learning How to Work with Them**

Dates and Times – Choose One:

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

**September 30th 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.



## REGISTRATION INFORMATION

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

September Session: **Building Emotional Literacy to Transform Stressful Situations into Powerful Opportunities for Change**

Dates and Times – Choose One:

**September 16th 12:00 pm Arizona time**

**September 22nd 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.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

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## COMING IN OCTOBER

### Stress Less, Live More™

How to Win Friends and Influence People (or at Least Develop Better Relationships) using Mindfulness

Save the October Session Dates:  
**October 14th 12:00 pm Arizona time**  
**October 29th 1:00 pm Arizona time**

### Weight Balance for Life

Exploring What Gets in the Way of Losing Weight

Save the October Session Dates:  
**October 13th 11:00 am Arizona time**  
**October 28th 1:00 pm Arizona time**



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