

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 Creating Better Relationships, 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 17th 11:00 am Arizona time

October 25th 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 support@emindful.com with any questions.

COMING IN NOVEMBER

Stress Less, Live More™

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

Save the November Session Dates:

November 14th 11:00 am Arizona time

November 30th 12:00 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 16th 12:00 pm Arizona time

November 29th 11:00 am Arizona time



ARIZONA
DEPARTMENT OF ADMINISTRATION
BENEFITS