

# Identifying, Exploring and Challenging Thought Patterns that Lead to Weight Gain

Successfully managing weight is more than understanding nutritional factors. It's learning how to treat our whole body, including our thoughts. With a holistic, mindfulness approach, you can develop a more positive outlook. Join this month's Weight Balance for Life class and learn how mindfulness practices can diminish negative thought patterns, improve your motivational level, and increase your knowledge of nutrition.

In Identifying, Exploring and Challenging Thought Patterns that Lead to Weight Gain, you will begin to:

- Understand how mindfulness can be useful as a tool in weight management
- Explore how our thoughts influence weight
- Consider methods of increasing daily vegetable and fruit intake

## REGISTRATION INFORMATION

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

May Session: **Identifying, Exploring, and Challenging Thought Patterns that Lead to Weight Gain**

Dates and Times – Choose One:

**May 13th at 12:00 pm Arizona time**

**May 28th at 11:00 am 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

COMING IN JUNE

### Stress Less, Live More™

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

**Save the June Session Dates:**

**June 10th 1:00 pm Arizona time**

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

### Weight Balance for Life

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

**Save the June Session Dates:**

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

**June 30th 1:00 pm Arizona time**



# Too Busy to De-stress? Overcoming Common Challenges to Practicing Mindfulness

Have you ever noticed how stress accumulates in your body? Your shoulders tighten, you have trouble sleeping, and you suddenly find yourself in an unhealthy cycle of thoughts and actions. Don't get addicted to "busyness" or let it define you. You can do less – and achieve more! Join our live, online session where you'll learn ways to deal with daily stress with greater ease.

In Too Busy to De-stress? you will begin to:

- Understand the difference between responding and reacting to stress
- See your world in new and exciting ways
- Sleep better
- Experience mindfulness practices to integrate into your day

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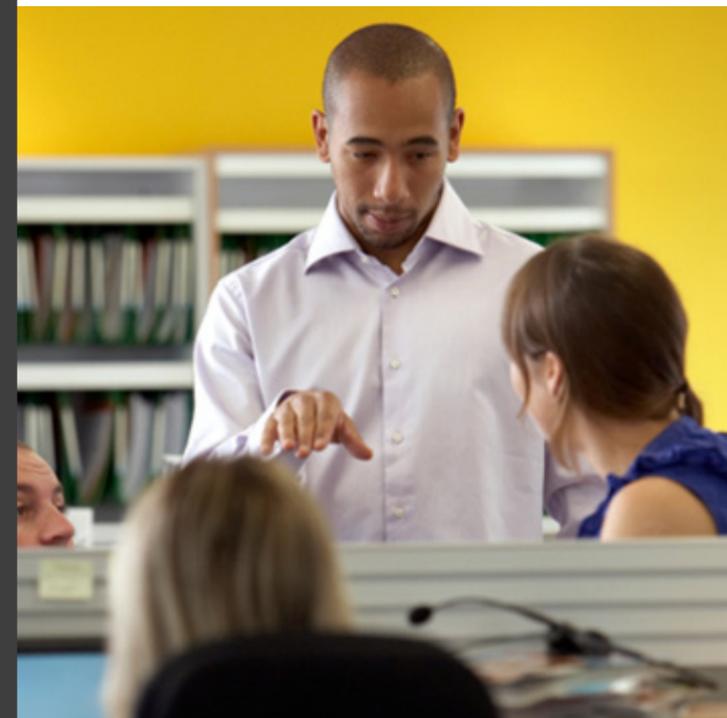
Dates and Times – Choose One:

**May 12th at 1:00 pm Arizona time**

**May 27th at 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.

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