

# Identifying, Exploring and Challenging Thought Patterns That Lead To Weight Gain

It is estimated that we have somewhere between 50,000 and 70,000 thoughts per day, and more than likely we're not paying attention to all of them. In this session, we will learn how our thoughts have a large impact on every aspect of our lives, including our weight and health. Managing thought patterns is the first step to long term change.

In Identifying, Exploring and Challenging Thought Patterns, you will begin to:

- Have a basic understanding of how mindfulness effects weight
- Understand how thoughts influence weight
- Develop mindfulness strategies to challenging destructive thinking

## 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 11th 11:00 am Arizona time**  
**May 26th 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 [techsupport@emindful.com](mailto:techsupport@emindful.com) with any questions.

# Too Busy to De-Stress? Overcoming Challenges to Practicing Mindfulness

It is easy to place the blame for not practicing mindfulness on your wandering mind, being too busy, or falling asleep. But those things are normal and happen for everyone. In this session, we will explore common obstacles that keep people from practicing mindfulness, and consider how to get over them.

In Too Busy to De-Stress, you will begin to:

- Have a basic understanding of mindfulness
- Understand common obstacles to a mindfulness practice
- Develop strategies to overcome those obstacles

## REGISTRATION INFORMATION

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

May Session: **Too Busy to De-Stress? Overcoming Common Challenges to Practicing Mindfulness**

Dates and Times– Choose One:  
**May 10th 11:00 am Arizona time**  
**May 25th 12:00 pm Arizona time**

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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 15th 12:00 pm Arizona time**  
**June 28th 11:00 am 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 16th 11:00 am Arizona time**  
**June 29th 12:00 pm Arizona time**



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