

# Feeling Stressed Out?

## Learn How to Stop the Stress Cycle

Do you feel stressed out from the inevitable challenges of life? You're not alone. Stress has a way of making us tired and less resilient. With eMindful's convenient, online stress management session, you'll feel better, improve your alertness and sleep quality, as well as your overall health and wellbeing.

In Learn How to Stop the Stress Cycle, you will begin to:

- Recognize your body's signs of stress
- Reduce your stress level
- Practice mindfulness techniques that help alleviate stress
- Learn how and when to integrate mindfulness into your day



### REGISTRATION INFORMATION

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

February Session: **Feeling Stressed Out? Learn How to Stop the Stress Cycle**

Dates and Times – Choose One:

**February 5th at 11:00 am Arizona time**

**February 18th 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.

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 MARCH

#### **Stress Less, Live More™**

Less Stressful Living with a Mindfulness Attitude

#### **Save the March Session Dates:**

**March 9th 12:00 pm Arizona time**

**March 18th 1:00 pm Arizona time**

#### **Weight Balance for Life**

Learning about Stress and Eating: How to Get out of the Stress & Eating Cycle

#### **Save the March Session Dates:**

**March 13th 11:00 am Arizona time**

**March 23rd 12:00 pm Arizona time**

