

# Practice Mindfulness

Mindfulness is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Actively practicing mindfulness during life's every day stressors - work duties, schedules, family and home responsibilities - can allow you to step back, recharge, and rebalance your life.

Please join us in a Mindful Eating Webinar:

Title Mindful Eating

Location Webinar

Start 11/8/2017 1:00 PM

Time

End 11/8/2017 2:00 PM

Time

Descripti Whether you eat to live or live to eat, it's important to know when you're on eating mindlessly – especially on the job where food can be social or an element to pass time. Gain awareness of physical and emotional hunger cues in this month's webinar where we'll discuss how to recognize triggers, choose food for nourishment, satisfaction and energy.

Register at: [https://events-na9.adobeconnect.com/content/connect/c1/1245447878/en/events/event/shared/default\\_template\\_simple/event\\_registration.html](https://events-na9.adobeconnect.com/content/connect/c1/1245447878/en/events/event/shared/default_template_simple/event_registration.html)

The **Employee Assistance Program (EAP)** is there for that extra boost you need when you need it, providing support and direction on mindfully finding a sense of balance. Often that balancing act includes caring for a family member.

**WorkLife4You**, as part of the AF's Employee Assistance Program (EAP), can help you take care of yourself as you care for others. Check us out for tips on overcoming burnout and resource referrals for your caregiving needs.

## ACCESS TO SERVICES 24 HOURS A DAY

Call 1-800-222-0364 (TTY: 1-888-262-7848)

EAP: <http://www.FOH4YOU.com> / WorkLife4You:

<http://www.Worklife4You.com> (Registration Code: USAF)

NOTE: To register for a WorkLife4You account, click "Start Now" and use Registration Code: USAF