



EMPLOYEE ASSISTANCE PROGRAM (EAP)

AWARE

Mindfulness-based stress reduction

The AWARE mindfulness-based stress reduction (MBSR) program helps you learn to meaningfully engage in the present moment. It offers a research based approach to stress management, which is derived from some of the world's leading experts in the field. A specially trained AWARE specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall well-being.

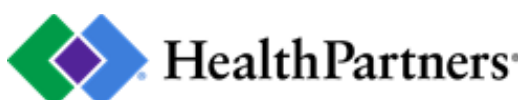
Features:

- Six telephonic sessions with an Aware specialist who is trained in mindfulness-based stress reduction
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide

Interested in enrolling?

Call **866-326-7194**

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.



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