



Mindfulness Matters



June

Visit your home page starting June 18th:

VISIT:
www.sandcreekeap.com

CLICK:
Work Life Wellness Login

ENTER COMPANY ID:
*Can be requested via website

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just log on to get started.

ONLINE SEMINAR

Mindfulness is being aware in the current moment, knowing what you are doing, and where your focus is. Mindfulness is a powerful tool for the workplace. By practicing mindfulness, you can decrease distractions, increase productivity, and set yourself up with a better mood.

This session explores the basic principles of mindfulness and discusses the positive impact it has in different aspects of one's life.

Your Employee Assistance Program can help you with focus, awareness, and mindfulness, 24/7.