

# STRESS AWARENESS

Just think about the word stress. Do your shoulders tense? Does your jaw clench? Can you feel the headache coming on? Getting through each day is enough to cause stress in your life. Just completing day-to-day tasks can cause irritation to build up and fatigue to settle in. You can't afford the stress in your life to affect who you are at home or at work. You want to maintain control and reduce the pressure and uncertainty in your life.

## The EAP can help reduce stress!

- Talk with an EAP counselor about causes of stress and coping skills
- Access free financial coaching and legal advice
- Let Cascade locate resources for you and your family
- Speak with a health coach to cope through relaxation techniques and exercise
- Attend Cascade's introductory Webinar on Mindfulness Stress Reduction:

### Mindfulness Stress Reduction Webinar:

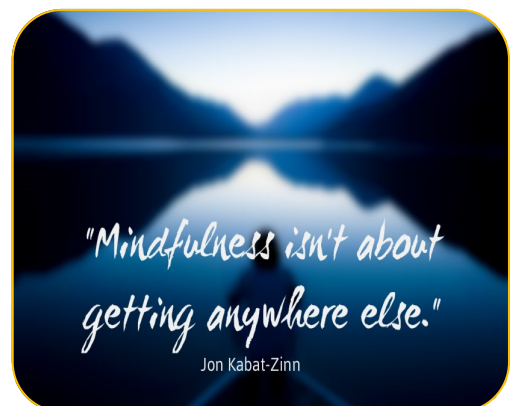
This free, one hour webinar will introduce you to Mindfulness: a process proven to reduce stress, regulate mood, increase brain function, improve impulse control, enhance immune functioning, and successfully treat chronic pain. You will learn exactly what Mindfulness is and the differences between informal and formal practices and how to bring them into your life effortlessly. Most importantly, you will actually participate in a Mindfulness meditation so you can *experience* Mindfulness, not just learn information about Mindfulness. If you are unfamiliar with Mindfulness or have tried unsuccessfully to develop a personal meditation practice, then this webinar is for you!

**April 9, 2014**

**11:00 AM-12:00PM PST**

**Reserve your Webinar seat now at:**

<https://www2.gotomeeting.com/register/419626858>



**REGISTER NOW**