



## Calm your body and your mind

### Feeling stressed? The Aware™ mindfulness program can help.

When was the last time you felt completely calm and at peace? Most of us have experienced this sensation but the moment passes. Sometimes our endless to-do lists – and the chatter in our heads – can feel overwhelming.

The Aware mindfulness program can help you calm both your mind and body, let go of negative thoughts, and feel more grounded in the present moment. This can help you better deal with stress, remain productive at home and at work, and be more open to life's beauty.



#### How it works

An Aware specialist will guide you step-by-step, and help you learn the skills you need to reduce stress, focus on the present, and increase your overall well-being. You will enjoy:

- Six telephone sessions with an Aware specialist
- Mindfulness exercises in each session
- A practice plan tailored to your needs
- Online resources such as a journal, guided exercises, and a resource guide

➤ **Aware is included in your AssistNow EAP delivered by HumanaCare, at no additional cost to you. Ready to get started? Call 1 877 234-5327.**

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GRP-2935-EN-11/21

