

# Get Your Head In The Game

## FOCUS ON THE NOW

EMPLOYEE  
SUPPORT  
PROGRAM  
JAN 2015



Regrets about the past or worries about the future make it hard to focus on what is important right now. Make a New Year's resolution to practice mindfulness. Mindfulness is a way of giving attention to your thoughts and feelings as you experience them. Studies have shown that the practice of mindfulness can help reduce stress, let go of bad habits, and improve health. Your Employee Support Program is ready to help you practice the techniques of mindfulness.

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

## WEBINAR

### The Mind-Body Connection

**Jan 20th —9 am, 11am PT**

Learn to recognize and manage stressful situations, practice relaxation techniques, and understand the benefits of making the mind-body connection.

TOLL-FREE: **800-280-3782**

WEBSITE: **[www.bhoptions.com](http://www.bhoptions.com)**



BEHAVIORAL HEALTHCARE OPTIONS, INC.™