

JANUARY: GET YOUR HEAD IN THE GAME

Focus on the now

MONTHLY WEBINAR

The Mind-Body Connection

Thursday, January 15, 2015

2 WEBINARS: 12 p.m. - 12:30 p.m. and 1 p.m. - 1:30 p.m.

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

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.



RESOURCES: CONSULTANTS AND WEBSITE

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 NYS-Balance program is ready to help you practice the techniques of mindfulness.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

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Please contact your Human Resources Office, EAP Coordinator, or Work-Life Services at worklife@goer.ny.gov for the username and password to access this website or for the toll-free number to call NYS-Balance.

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