

# Monthly WEBINAR

Employee Assistance Program  
December 2018

1hr  
WEBINAR

## *Mindfulness in the Workplace*

**EAP Webinars are  
now available anytime  
on-demand via the  
EAP website—no need  
to register!**



**In the last decade, research supporting the benefits of mindfulness in the workplace has soared.**

Mindfulness has been shown to protect us against anxiety, stress, and depression. It improves performance and decision making, and it promotes learning, attention, and self-control. But how does this all work exactly? How and why should one, in the midst of their extremely busy workday, pause to make time for a touchy-feely fad like mindfulness?

Join us in this webinar where we learn the science behind this spiritual practice and discover the very practical mindfulness practices that can increase your overall success in the workplace.

Go to [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com) and enter your company's Username (if you don't know it, call or e-mail us). Click on the **Webinars** tab in the middle of the page to view 2018's Webinars and archived Webinars.

Contact Us by Phone: **(800) 777-4114**



Visit Us Online: [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com)



**First Choice Health™**

Healthy Employees. Healthy Companies.™

Your EAP service is free, confidential and available 24/7 to help you balance your work, family, and personal life.