Resources for total well-being

Aware:

MINDFULNESS-BASED STRESS REDUCTION

FEATURES

- Six telephonic sessions with an Aware specialist who is trained in mindfulness-based stress reduction
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide
- AWARE sessions do not count against your individual face-to-face counseling sessions

Your EAP offers additional support alternatives in addition to traditional short-term counseling. Our counselors may recommend our AWARE program based on your initial assessment and presenting issues.

The Aware mindfulness-based stress reduction (MBSR) program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field. A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall well-being.

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