



**Member training:**

**Mindfulness**

**January featured training**

**Mindfulness.** Mindfulness practices, such as meditation, have become more mainstream in recent years. This training program uses lecture, guided meditation exercises, written exercises and group discussion as an introduction to how mindfulness practices can be incorporated into one’s routine and help improve overall health.

**Participants will:**

* Discuss how stress affects our health and day-to-day lives.
* Learn the meaning of being “present” and in the moment.
* Learn the physical and mental health benefits of mindfulness practices.

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training options are in English and available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/76f0cc4c6201103cbfedd6c273e21eb8/playback?from_login=true)**  **Short on time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/44561c6b6209103cbddfa6bfcdb5d156/playback)** | **16th January**  11:00am-12:00pm CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YWHQA2) | **17th January**  1:00pm-2:00pm  CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YWMQA2) | **17th January**  01:00am-02:00am CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YVxQAM) | **23rd January**  07:00am-08:00am CST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YWRQA2) |

**Space is limited for the live training session options, so advance registration is required.**

**Get started**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency

services phone number if you are outside the United States, or go to the nearest A&E. This programme is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its

affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This programme and all its

components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior

notice. Experience and/or educational levels of Employee Assistance Programme resources may vary based on contract requirements or country

regulatory requirements. Coverage exclusions and limitations may apply.

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