



**Member training:**

**Mindfulness**

**January featured training**

**Mindfulness.** Mindfulness practices, such as meditation, have become more mainstream in recent years. This training programme uses lectures, guided meditation exercises, written exercises and group discussions as an introduction to how mindfulness practices can be incorporated into your routine and help improve your overall health.

**Participants will:**

* Discuss how stress affects our health and everyday 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, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are 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 of time?**  Watch the 10-minute summary    **[here](https://optum.webex.com/webappng/sites/optum/recording/44561c6b6209103cbddfa6bfcdb5d156/playback)** | **16th January**  17:00-18:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YWHQA2) | **17th January**  19:00-20:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YWMQA2) | **17th January**  07:00-08:00 GMT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N0000063YVxQAM) | **23rd January**  13:00-14:00 GMT  (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 care provided by a doctor or other professional

. Due to the potential for a conflict of interests, 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. their employer or health plan). This programme and all its

components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior

notice. The experience and/or educational levels of the Employee Assistance Programme resources may vary based on contractual or country-specific

regulatory requirements. Coverage exclusions and limitations may apply.

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