

# Stay balanced with Mindful Mondays

Mindful Mondays are a series of monthly classes designed to help you combat stress and build resilience while navigating these unprecedented times of COVID-19.



## New Year, Mindful You

Start the new year off right by learning simple techniques for managing stress. Learn how to incorporate mindfulness into your daily life to help support your personal and professional resiliency.

## Stress and Emotional Eating

Identify triggers which lead to overeating, including emotional eating. Learn to better understand eating patterns, why eating becomes a way to handle stress, and what can be done to help.

## Getting Healthy Sleep

Learn about the importance and benefits of sleep for your physical and mental health. Build awareness about sleep disorders and learn tips for getting a good night's sleep.

### New Year, Mindful You

Monday, January 11  
12 - 1 p.m. ET

[REGISTER TODAY](#)

### Stress and Emotional Eating

Monday, February 8  
12 - 1 p.m. ET

[REGISTER TODAY](#)

### Getting Healthy Sleep

Monday, March 8  
12 - 1 p.m. ET

[REGISTER TODAY](#)