



## Pause Breathe Resume

### EMPLOYEE ASSISTANCE PROGRAM MONTHLY SEMINAR

#### TOPIC:

Mindfulness practice invites us to build active awareness of our thoughts, sensations, and emotions. In this session, we will learn how to notice our own thoughts and how we react to them.

**This seminar will be available on**

**October 17<sup>th</sup>**

**@ [www.inova.org/eap](http://www.inova.org/eap)**



**YOUR EMPLOYEE ASSISTANCE PROGRAM**