



Mindfulness Matters



June

Visit your home page starting
June 18th:

TOLL-FREE:
866-649-2392
COUNSELING:
800-445-3569
607-763-6474

WEBSITE:
www.nyuhs.org/eap

USERNAME:
CVCS

PASSWORD:
employee

Whatever you need, we are here to help.

If you do not know your sign-on
information, call: 607-763-6474

Just call or log on to get started.

ONLINE SEMINAR

Mindfulness is being aware in the current moment, knowing what you are doing, and where your focus is. Mindfulness is a powerful tool for the workplace. By practicing mindfulness, you can decrease distractions, increase productivity, and set yourself up with a better mood.

This session explores the basic principles of mindfulness and discusses the positive impact it has in different aspects of one's life.

Your Employee Support Program can help you with focus, awareness, and mindfulness, 24/7.