

# MINDFULNESS FOR STRESS

## LIVE MEDITATIONS

*Take a midweek mindful pause for stress management.*

*With the EAP Clinicians Shiri Maeri LCMHC, Eric Stanley LICSW, and Eve Zukowski PhD.*

Wednesdays 12:15-12:45pm, Online ([Webex link](#))

Information: [dh.eap@hitchcock.org](mailto:dh.eap@hitchcock.org) 603-650-5819

~2 guided meditations

~Optional discussion in between

**NEW!** ~ 1<sup>st</sup> Wednesdays start with brief Intro to Mindfulness



Scan for event, links:



*Suggestion: Step away from your desk and join from a relaxing spot.*

About EAP: Solution-focused counseling for DH Employees and immediate, in-home family members with Licensed Clinicians experienced in Stress, Anxiety, Workplace issues, Trauma, Eating behaviors, Mindfulness and other Mental Health needs. 603-650-5819 [dh.eap@hitchcock.org](mailto:dh.eap@hitchcock.org)