

Aware:

A Mindfulness Programme

Your Employee Assistance Programme is there for you when you need emotional support in the moment, but we also want to help you to develop skills and techniques to guide your own wellbeing.

Mindfulness is a technique that involves you noticing what is happening in the present moment, without judgement, including taking notice and being aware of your mind, body and surroundings.

Our Aware mindfulness programme helps you learn to meaningfully engage in the present moment. It is a research-based approach to stress management, recognised by many as an effective practice.

Aware will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasise the present, establish greater mind-body balance and increase overall wellbeing.



Features:

- Six telephone sessions with an Aware specialist who is trained in mindfulness
- An individualised practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide



To access this support,
please call the EAP phone line on **08000 856 148**