



Employee Assistance Program (EAP)

The AWARE mindfulness-based stress reduction (MBSR) program

Stay present and engaged with mindfulness-based stress reduction techniques.

How it works

If stress is interfering with your day-to-day life, the AWARE mindfulness-based stress reduction (MBSR) program is here to help. Work with an AWARE specialist to learn skills you need to reduce stress, stay present, establish greater mind/body balance and increase your overall well-being. It's a research-based approach to stress management with techniques that work.

Your privacy is important. Everything you do with HealthPartners EAP is confidential. Nothing is shared with your employer or health plan. Information will only be released with your permission or when required by law.

What to expect

When you join the AWARE program, you can expect support every step of the way. Highlights of the program include:

- Six phone sessions with a specialist trained in mindfulness-based stress reduction
- An individualized practice plan, tailored to your needs
- New mindfulness exercises to practice within each scheduled session
- Electronic resources including a practice plan journal, guided practice exercises and an additional resources guide

Get started today

EAP: **866-326-7194**