



15 Minutes for Wildcat Wellness Fall 2020

During this election cycle, [Life & Work Connections](#) and [Initiatives for Organizational Inclusion](#) invite you to take a 15-minute break with us to practice self-care, mindfulness, and stress reduction. We hope you join us.

Hold and Release

Friday, October 23, 1:00-1:15 (15 minutes)

Investigate what it means to live with uncertainty, under the guidance of employee assistance counselor Tanya Lauer, MC, LPC. Explore ways to process emotions skillfully to support your health and well-being.

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Introduction to Mindfulness

Thursday, October 29, 1:00-1:15 (15 minutes)

Discover the benefits of a mindfulness practice, beginning with the power of the breath, with employee assistance counselor Bob Cunningham, MS, LPC.

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Squeeze Out Stress

Friday, November 6, 1:00-1:15 (15 minutes)

Learn an easy and effective technique for stress reduction and relaxation with employee assistance counselor Bob Cunningham, MS, LPC.

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Putting On the Brakes

Thursday, November 12, 1:00-1:15 (15 minutes)

Distressful circumstances elicit a flood of emotions, thoughts, and sensations that can become physically overwhelming. Work on a technique with employee assistance counselor James Naughton, MA, LPC, LISAC, that moves you into a calm state with “physical brakes.”

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Please direct any questions to Laura Hunter at lahunter@arizona.edu.