

OCTOBER 2023

Pause. Breathe. Resume

ONLINE SEMINAR

Mindfulness practice invites us to build active awareness of our thoughts, sensations, and emotions. In this session, we will learn how to notice our own thoughts and how we react to them.

To access the online seminar, visit your home page starting October 17th.

- Click this link:

<https://helpwhereyouare.com/CompanyLogin/1515/mercy>

- Enter the username and password as shown below:

USERNAME: MSU

PASSWORD: MSU

- Scroll down and click on “Online Seminars”

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24/7 Counseling Support: [800-413-8008 #2](tel:800-413-8008)

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YOUR EMPLOYEE SUPPORT PROGRAM