

# c&fs EAP

Employee Assistance Program

For a PDF of this Mindful Moment, Click [HERE](#)

## Mindful Moment

*Mental Health Awareness Month - May 2021*



There is no perfect ratio for work-life balance. We thrive and are at our best when we are engaged in and energized in both our professional and personal lives. Monitor and manage the energy you have to give, and be generous in your assumptions of others. They may be managing a different energy level right now.

Check out this video to and learn how to maximize your energy level by taking care of yourself:

[https://eap.cfsbny.org/aiovg\\_videos/self-care-managing-stress-during-uncertainty/](https://eap.cfsbny.org/aiovg_videos/self-care-managing-stress-during-uncertainty/)

If you would like support in learning how to best take care of yourself and manage the energy you have, C&FS EAP is available to support you and your household members, when you need it. Licensed Mental Health Counselors are available 24/7/365. So call

now to learn more about how C&FS EAP can help you, or attend one of our live orientations to learn more about your benefit:

- [Click here](#) to register for our May 20, 2021 orientation at 10:00 a.m.

## Join Us This Week for A Week of Mindfulness and Meditation!

**May 17, 18, 19, 20, & 21**  
**3:00 p.m. daily –**  
**15 minute meditation**

### **Telephonic event:**

Dial US: +1 929 436 2866  
Webinar ID: 880 6114 7161

**Presenter:** There will be a new guide daily, leading you through a mindfulness exercise

Join us the week of May 17th for an afternoon mindfulness break. We all lead extremely busy lives where we are pulled in a million different directions at once. One way to help manage the stress that our hectic lifestyles is to practice mindfulness through guided meditation. Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surroundings. Join our meditation guides daily by calling in and experiencing the power of a mindful moment!

5/17 - Hon. Acea Mosey, NYS Surrogate Judge for Erie County

- Learn about and be led through a short transcendental meditation

5/18 – Kathleen Damon, LMHC, CASAC, C&FS EAP

- This meditation will focus on boundaries and self-care

5/19 – Annie Monaco, LCSWR, Trauma Therapist

- In this meditation, you will practice verbal humming, laughing yoga and move through a meditation

5/20 - Andrea Florez-Marino, LMHC, C&FS Outpatient Mental Health Counselor

- Come experience a relaxing guided body scan meditation

5/21 - Lidia Snyder, LMSW, RYT-200, TCTSY-F, Trauma Therapist and yoga practitioner

- Finish the week with breath awareness and carry the calm into the weekend

For more information, click [HERE](#) for our event flyer.

**Contact C&FS EAP**

**Learn More About Your EAP Benefits**

**Connect with us**

Child and Family Services EAP | 716-681-4300 | [contacteap@cfsbny.org](mailto:contacteap@cfsbny.org) | [eap.cfsbny.org](http://eap.cfsbny.org)

Child & Family Services EAP | 2495 Main Street, Buffalo, NY 14214

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