Employee and Family Resources Presents

Take 10
Phone Meditations

Now 5 days a week!

Mondays, Wednesdays and Fridays at noon
Tuesdays and Thursdays at 2 pm

Call 888-398-2342, access code 3862125
- Meditations last 10 minutes.
- Please be prompt, just listen and enjoy!

Taking a brief pause for yourself during a busy day can help to reset and refresh!

Tips:
- Be in a quiet place where you won’t be disturbed.
- Mute your phone if you can or listen in a private place to lessen background noise.
- Mark your calendars to remind yourself and call in when you can!

Studies show that mindfulness meditation can help improve focus and concentration, promote relaxation, connect better with others and reduce stress and feelings of burnout!

Access guided meditations on the Employee and Family Resources (EFR) website: www.Achievesolutions.net/ynhhs (Click on the scrolling banner for Take a Break Relaxation Audios.)

For questions or to learn more, call or email Bud Wassell:
203-688-2280 or bud.wassell@ynhh.org

Meditation Hotline
203-688-6185
Call anytime (24/7) for prerecorded meditations.