



# Strengthen Your Mind-Body *Connection*

Your mind and body are closely connected, and what affects one often impacts the other. When stress, anxiety or fatigue show up mentally, they can also show up physically and vice versa. **Strengthening your mind-body connection can help you better manage stress, boost your mood and feel more confident.** Explore practices and resources that help improve both your mental and physical health through your EAP.

Access resources [here!](#)

## Take Back Your Power

In this [video](#), Shawna Sielert, a Licensed Professional Counselor, discusses the physical effects of anxiety and how **de-escalation techniques in moments of stress can help calm racing thoughts**. Watch this quick video to learn how to calm your body and your mind.

## Healthy Connections

We often have more control over our thoughts than we realize, especially when we take a moment to pause, breathe and reconnect with ourselves. This quick [video](#) on the 4-4-4 breathing technique shows how a few **intentional breathes can help calm your mind and body** and bring clarity to the challenges you may be facing.

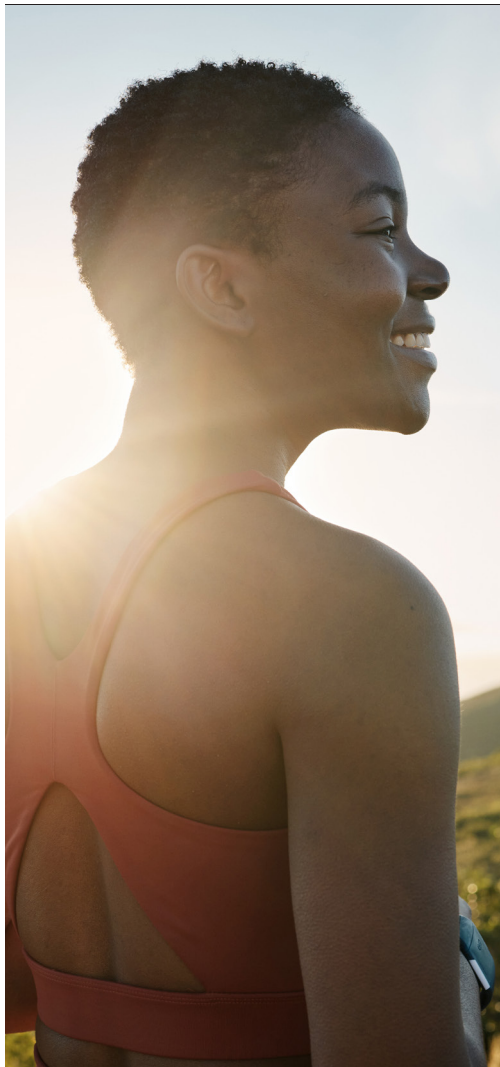
## A Healthy Mind Supports a Healthy Heart

Chronic stress and anxiety can raise your risk for high blood pressure, heart attack and other cardiovascular issues as well as overall physical challenges. Making **proactive stress management a daily practice is key to whole-body wellness**. Learn more about how your physical health and mental health are connected and how to reduce risks in this [article](#).

Get started with your EAP by joining this month's free webinars:

Communication Across Generations  
Wednesday July 16, 2025  
[Morning - 12PM - 1PM EST](#)  
[Afternoon - 3PM - 4PM EST](#)

Understanding and Leading Gen Z  
Wednesday July 23, 2025  
[Morning - 12PM - 1PM EST](#)  
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◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

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