



AUGUST 2018

CARE PACKAGE



Discover the vibe of life.



CARE PACKAGE

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AUGUST 1-6

WEEKLY CALENDAR

WEDNESDAY



WHEN BEING RIGHT FEELS WRONG

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01

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THURSDAY




I'M FINALLY HERE

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04

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05

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06

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How could changing your pace help you manage your pain? 

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WEDNESDAY



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08 When do you notice yourself at a "tipping point" between controlling your reactions and losing control? At today's Mindful Daily, learn how to manage your emotions in chaotic moments with mindfulness!

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STRIVING YOURSELF STUCK

What drives you to over-achieve? 

09 Have you noticed how becoming so focused on achieving reaching a goal can actually leave you stuck? Sign up for today's Mindful Daily to learn how to stop before you Strive Yourself Stuck!

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10 When's the last time you felt like a fish out of water? At today's Mindful Daily, learn how mindfulness can help you learn to trust in your resourcefulness with Unfamiliar Faces And Places!

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How do you talk to yourself when you make a mistake? 

11 How do you talk to yourself when you make a mistake? Mistakes are a part of life- they will happen! What needs to shift for you to become more comfortable and accepting of mistakes you've made and will make?

SUNDAY



INDIVIDUAL IMPACT

Do you know how much power you have? 

12 It can be easy to underestimate the impact that one person can have in relationships, organizations, community, politics, and even globally. Sign up for the Mindful Daily to discover your Individual Impact!

MONDAY



#NOFILTER

What are you presenting rosier than it is? 

13 Have you found yourself presenting life rosier than it is? While we don't want to tell everyone our difficulties, we can find a more authentic balance by noting what's driving the need to present rosy and to ask ourselves if that is actually helping, or hurting?

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THEME WEEK:
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TUESDAY



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14

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WEDNESDAY



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15

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16

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Is perfectionism preventing resilience? 

17

Do you feel the pressure to be perfect? If you have this tendency, parenting can evoke it in extremes. Being compassionate with ourselves helps remind us that parenting isn't perfect- and that's okay!

SATURDAY




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18

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SUNDAY



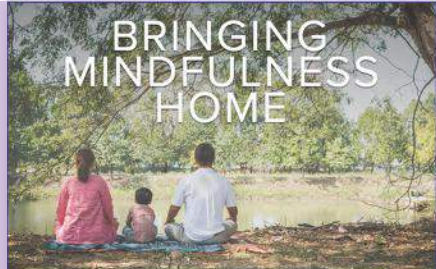
TAKE A TIME OUT

Do you make sure to take time for yourself without family? 


19

Since becoming a parent, what have you noticed about your self-care? Taking time to care for yourself can help you better care for your family! Learn more at the Mindful Daily!

MONDAY



BRINGING MINDFULNESS HOME

How could mindfulness help the whole family? 

20

Mindfulness is beneficial for the whole family! By practicing mindfulness regularly, you may find your child spontaneously practicing when they realize they need it. Bring Mindfulness Home at today's Mindful Daily!

AUGUST 21-27

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21

Do you find that the same issues keep coming up and you're having to learn the same life lessons again and again? At today's Mindful Daily, learn how mindfulness can help you Break Bad Habits once and for all!

WEDNESDAY



HELP ME HELP YOU

How do you take time for yourself while also helping others?



22

How's it feel when everyone needs a piece of you? It's normal to feel positives and negatives when in a giving role. By taking brief breathers in between taking care of others, we're giving ourselves space to be fulfilled and help others effectively.

THURSDAY



SLOW IT DOWN!

What leads you to worry that a wonderful moment is going by too fast?



23

Have you found yourself in the midst of a wonderful moment and start panicking that it's going by too fast? Mindfulness helps us notice when our thoughts are jumping to the future so we can practice patience for the moment we're in.

FRIDAY



THE WORLD IS ROUND?!

When do you have difficulty adapting to change?



24

Do you ever have difficulty adapting to change? We can be more agile to change if we appreciate that our current understanding is what we have to work with for now, but also understand that this isn't final. Learn more at the Mindful Daily!

SATURDAY



SPEAKING MY LANGUAGE

How do you express appreciation and love?



25

There are so many ways to express caring, respect, appreciation and love. But do you know that we each have distinct ways we prefer to receive and express these? Learn more about the language of love and appreciation at today!

SUNDAY



ROME WASN'T BUILT IN A DAY


Do you ever expect to be an overnight success?



26


Have you found that you expect yourself to be a master of something overnight? Well, Rome Wasn't Built In A Day! At today's Mindful Daily, learn how mindfulness can help you be patient with the time it takes to master something.

MONDAY



NEW DISCOVERIES

What surprised you today?



27

There can be so much routine in our day-to-day lives that we don't allow ourselves to be surprised by the little things. Mindfulness can help bring curiosity to the unique moments throughout our day- find out how at the Mindful Daily!

AUGUST 28-31

WEEKLY CALENDAR

TUESDAY



TRY IT, YOU'LL LIKE IT!

How can you appreciate someone's intention without undermining your own? 

28

Do you ever feel like you have to eat something to show someone you love them? The phrase "food is love" is powerful for many of us. How can you appreciate someone's intention without undermining your own goals?

WEDNESDAY



SELECTIVE LISTENING

Do you notice when you're interpreting information to confirm your beliefs? 

29

Do you notice when people in your life seek out and interpret information in a way that confirms their beliefs? Guess what? You do the same thing! Learn how to manage Selective Listening with mindfulness!

THURSDAY



SMILE LIKE YOU MEAN IT

How do you feel when someone tells you to smile? 

30

It's great to know you can be happy even when you're going through challenging times, but it can also have the opposite effect when someone asks you to "smile". What are the ways that you deal with your emotions to make others more comfortable?

FRIDAY



STRONGER THAN STRESS

What helps you to bypass a bad stress habit? 

31

Stress is an unpleasant feeling that we have all felt at some time. It can lead us to take part in habits that may not actually be beneficial to us, like reaching for comfort food. What helps you to bypass a bad stress habit?



MINDFUL PARENTING WEEK AUGUST 14-20

The Lost Art of High-Quality Family Downtime: Defeat the Screen

Written by Andrea Lieberstein, Bestselling author of 'Well Nourished: Mindful Practices to Heal Your Relationship to Food, Feed Your Whole Self and End Overeating', Instructor at eMindful, Speaker, Mindfulness and Mindful Eating Coach, Trainer

These days, it feels as if meaningful quality time with the family has become more challenging than ever before. Activities and to-do lists for both kids and parents have gotten longer with unstructured time becoming more and more sparse. With technology at our finger tips, screens have become ubiquitous, intruding on many moments of our lives. The precious moments of downtime used to consist of family members being fully present and interactive, allowing for engaged conversations and family connections. How can we restore our individual and family quality time? How can we be aware and attentive with one another in fulfilling ways?

Mindfulness can help. Mindfulness is the practice of bringing awareness to day-to-day experiences, including the structure and events of our day, as well as to our thoughts, feelings, urges, needs, and habits. It calls for kind, curious, open, and nonjudgmental attention. As we practice mindfulness, we learn how to note the habits that work in our lives to promote well being and connection. es to promote well being and connection.

We would all benefit from more undistracted downtime or fun activities in our own lives. There are times where we all need to disconnect from the world around us in order to reconnect with ourselves and our loved ones.

Similarly, high-quality connections can happen within families when we are mindful of how often we use our devices such as cell phones, tablets or televisions. In recent years, devices, which can be used to connect us, have also become a source of disconnection. Set clear boundaries, especially around meal times, specific family activities, intentional downtime, and hanging-out time. It's important to model good digital habits with our children and to fight the impulse to get on our devices to check that one thing that turns into more.

Mindfully examining the urge to constantly check our cell phones can help free us of ingrained patterns and addictive habits. Try "urge surfing" to support habits and boundaries you want to create or reinforce. Mindfully attend to urges to pursue to-do lists or use the phone during times intentionally set to be with each other. Depending upon how open and old your kids are, you can even share aspects of the following practices with them:

- Share your intention to have more quality time spent between you and your family members.
- Examine your life with mindful attention. How is it working? Where do you need to make changes to support more fulfilling quality time? What are they?

- Define or refine boundaries. If your kids are older it can be helpful to sit down and explain why you are setting more boundaries around screen-free time, to increase their buy in.
- Practice "urge surfing." When the urge arises to get back on the screen or reengage in a to-do list, meet this inner experience with curious, open, mindful attention. Notice thoughts, feelings, and sensations that make up this urge. When you meet it with mindfulness, the urge will subside naturally, and you will have more space to make new choices to be more present and connected with your family and yourself, rather than following the automatic habit that takes you away.

Explore eM Life and take part in one of our Mindful Daily sessions this month as we delve into many aspects of mindful parenting and a variety of helpful tools and skills.



AUGUST MINDFULNESS ARTICLES



The following articles coincide with our monthly mindfulness topic –
MINDFUL PARENTING

**MINDFULNESS +
MINDFUL
PARENTING**

Quick Read (4 min)

**5 Mindfulness
Activities You Can Do
As A Family**

[CLICK TO READ](#)

Quick Read (5 min)

**Mindful
Parenting**

[CLICK TO READ](#)

Longer Read (6 min)

**How To Become
A Mindful Parent**

[CLICK TO READ](#)

**MINDFULNESS +
PARENTING TIPS**

Quick Read (4 min)

**5 Mindful Tips For
Parenting
Conundrums**

[CLICK TO READ](#)

Quick Read (5 min)

**5 Mantras For
Mindful Parenting**

[CLICK TO READ](#)

Longer Read (9 min)

**9 Mindful Parenting
Tips for When
You're About to
Lose Your Cool**

[CLICK TO READ](#)

**MINDFULNESS +
CHILDREN**

Quick Read (5 min)

**Mindful Parenting
May Keep Kids Out
Of Trouble**

[CLICK TO READ](#)

Quick Read (5 min)

**A Mindful Kids
Practice: The
Breath Ball**

[CLICK TO READ](#)

Longer Read (7 min)

**Science Shows
Meditation Benefits
Children's Brains
and Behaviors**

[CLICK TO READ](#)



STRESS LESS, LIVE MORE

Bringing Calm And Focus To Overwhelming Situations



REGISTRATION INFORMATION

Date and Time:

August 15th 1:00 pm EDT

August 23th 3:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company eMindful portal.

Whether we're at home or at work, life gets overwhelming. This often leads us into regular behaviors of coping that often aren't very effective. In this session we'll be focusing on the tools to be fully present in situations or with people that have previously led us into difficult emotions.

COMING IN SEPTEMBER

STRESS LESS, LIVE MORE
Breaking Free From Bad Habits

Please contact Support at support@emindful.com or 1-855-211-1536 with any questions.



WEIGHT BALANCE FOR LIFE

Can Kindness Make Me Thinner?



REGISTRATION INFORMATION

Dates and Times – Choose One:

August 17th 3:00 pm EDT

August 29th 3:00 pm EDT

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company eMindful portal.

Do you ever feel like your weight loss progress isn't good enough? Chances are, you're not the only one thinking that. Often times, we are our own worst critics. In this session, we will incorporate compassion and self-kindness into our weight loss journey to better help us manage weight, appreciate ourselves for all we are worth, and to make the journey the most successful it can be.

COMING IN SEPTEMBER

WEIGHT BALANCE FOR LIFE

Shake Off That Sedentary Lifestyle!

Please contact Support at support@emindful.com or 1-855-211-1536 with any questions.

MINDFUL MEETING MOMENT

Choose your desired length of Mindful Meeting Moments- short form mindfulness practices that can prepare your team to be more present, more focused, and more effective for the meeting ahead. So settle in, straighten your spine, and follow along.

1 MINUTE

[CLICK TO LISTEN](#)

3 MINUTES

[CLICK TO LISTEN](#)

5 MINUTES

[CLICK TO LISTEN](#)



the

MINDFUL DAILY

PRACTICE GUIDE

VOLUME 2

a handy pocket guide to

GRATITUDE, JOY, COMMUNICATION,
AWARENESS, REDUCING STRESS,
PERFORMANCE and EFFECTIVENESS



DAILY MINDFULNESS FUNDAMENTALS

GRATITUDE

What are you grateful for so far in your day?
How does gratitude feel in your body?
Will this truly make you happy?

PERFORMANCE

When you find the urge to do 2 things at once, take a mindful breath. Set an alarm to remind you every 1-2 hours

JOY & HAPPINESS

Are you creating conditions for happiness in your life? What is actually joyful in this moment? Feel the experience.



STRESS

Check in with your thoughts. Are you reacting in ways that make your stress worse or avoid dealing with it? Try taking a few mindfulness breath instead.

COMMUNICATION

Focus your full attention on listening with openness and curiosity. Is there any anxiousness, impatience to being heard?

AWARENESS

Let go of the sense: "This is not how it should be"
Bring your attention to the inner experience of daily activities
How does a human deserve to be treated?

TIPS FOR STAYING MINDFUL

- Ⓢ Set an alarm every 1-3 hours to focus your attention on an activity, sensation, or thought.
- Ⓢ Take a mindful breath and focus your attention on the feelings in your body.
- Ⓢ Identify joyful, stressful, or routine activities and focus on the thoughts and feelings they bring.



GRATITUDE

It's easy to focus on what isn't enough and overlook all of the things going well and the small successes for which you can be grateful. By intentionally practicing gratitude you are more likely to recognize how you are enough, experience enough, and have enough.

PRACTICING GRATITUDE

GRATITUDE FOR YOU

How would it be if you trusted you are enough? Smart enough, kind enough, successful enough? Take a moment to be grateful for the ways you are enough right now. If the “yes, buts” show up, see if you can let them go for now and just soak up the gratitude of being enough.

GRATITUDE FOR THE BODY

Send your body gratitude for helping you get from one place to another, communicate with others, express your needs, etc. What can you be grateful for that your body has made possible today?

GRATITUDE FOR OTHERS

Who are you grateful for in your life? Are there loved ones who make your life brighter and more meaningful? Colleagues and mentors who help you grow? Communities where you feel a deep sense of belonging? Notice how connecting to others with a sense of gratitude can deepen your sense of connection and strengthen your relationships.

GRATITUDE FOR LIFE

Recognize the good and wonderful aspects of your daily life – nature, people, places. These can be the small and the big things in life. Running water, nature, education, your mindfulness practice, an act of kindness, your favorite sports team... Notice how you can increase your satisfaction with your life by intentionally connecting to gratitude.



JOY & HAPPINESS

Life can become a series of busy actions and transactions, that crowd out moments of joy and happiness. These simple steps can allow you to experience greater happiness and joy throughout your day... no matter what you're doing.

Allow yourself to experience more happiness and joy throughout your day

JOY DAILY: STEP BY STEP

INTERACTIONS

Today, every time you have a task, request, or errand that involves interaction with another person, start with a mindful pause. Use all of your senses to be fully present.

Take a minute or two to send loving-kindness to the person you are acquiring for or from (this may be to yourself).

Ask yourself if there is a way that giving of your time, attention, energy, or money would bring more happiness in the process of acquiring, or more happiness than acquiring.

DROPPING INTO RIGHT NOW

Joy and happiness are only experienced in the present moment. So the more present we can be throughout the day, the more opportunities to experience joy and happiness.

- 1 Set your alarm to go off every few hours signaling you to stop what you are doing.
- 2 Take a mindful breath and become fully present. As you feel the breath moving in and out of your body, feel the joy in breathing.
- 3 Expand your awareness to observe what is happening now that brings you joy and happiness. How does it feel in your body?
- 4 Let the experience of joy and happiness throughout your day recharge you and help you be more effective in your day.

*Joy and happiness are only
experienced in the present moment*



COMMUNICATION

Connect in ways that are more fulfilling and effective.

Connect to your intention of how you want to communicate with others

HOW MINDFULNESS CAN HELP

CONNECT TO THE POWER OF YOUR WORDS

By speaking from your deeper intentions for what you want to communicate.

Prior to individual or group conversations, take a moment to Stop what you are doing or saying.

Check in with your body. What are you noticing? Is there any tension, tightness, impatience? Or relaxation, ease, patience, curiosity, wanting to connect? Simply notice what is happening now that may influence your communication.

Connect to your intention for how you want to communicate with others. Is there an intention for clarity, to be understood and to understand, kindness, connection?

As you engage in conversation, keep connecting to your intention and notice how this influences your interaction.

BE MORE PRESENT BY STOPPING MENTAL INTERRUPTIONS

Research shows that our minds wander about 50% of the time, and this can mean we aren't present much of the time we're communicating with others.

Today, each time you are engaging in a conversation, practice noticing when your attention wanders away from listening to the other person.

Take a breath to help you reset and become present.

Refocus on listening mindfully to the other person. What are the words spoken? The emotions present? What matters in this conversation?

Each time your attention wanders repeat these steps. Make sure to practice kindness toward yourself and try not to criticize yourself when your mind wanders. Mind wandering is normal, and criticizing yourself will only keep you distracted for longer, while kindness will help you relax and connect.

LISTEN MINDFULLY BY ABSOLVING ASSUMPTIONS

Assuming itself is not bad. It's an efficiency of the brain to jump to conclusions, without having to think deeply and comprehensively about everything. However, buying into assumptions prevents the curiosity necessary to see reality clearly, explore different perspectives, and understand others.

- 1 Practice listening with a curiosity and openness to learning something new, or to trying out a new perspective.
- 2 When you notice assuming you already know what the other person will say, or what the right perspective or way to think about the topic is, take a pause.
- 3 Take a breath or two and notice how assuming feels in the body. Is there tension, impatience, frustration, arrogance, feeling closed off? Notice that it is the opposite feeling of being curious.
- 4 Now practice becoming curious and open to what the other person is saying. See if you can try out the other perspective. What is it like to listen with a sense of wanting to understand and experience something new?
- 5 As you wrap up the conversation, you don't need to buy into the other person's beliefs or perspectives. This practice is about noticing how assumptions can limit our learning, understanding and connection.



AWARENESS

We are constantly experiencing thoughts, emotions, sensations, and other information within ourselves, from others and our environments. Learning to be aware of our inner and outer worlds can help us to make wise choices for our health, relationships and work.

Tap into a deeper sense of knowing in the body

MINDFUL AWARENESS CHECK-IN

Start training your awareness by taking a few moments to stop and check-in with your experience in the moment.

Notice what's happening in the mind. Is there a busyness of chatter? Does it feel like your mind is racing? Or is there peace and space between thoughts?

Drop beneath the chattering mind. Notice any themes of thinking. Are your thoughts planning, remembering? Are your thoughts positive or negative? Are they productive and helpful or unproductive and unhelpful? What is important about your thinking? Your emotions? Are they subtle or intense? What are your emotions trying to tell you? What about your physical sensations?

Drop into wisdom. Connect to a deeper level of knowing. You might notice intuitions or values that are informing what is sustainable and what isn't, your true needs, what to let go of. Simply learn to tap into a deeper sense of knowing in the body and make space for that knowing to become conscious.

BEING VS DOING

When we're caught in a habit of doing, doing, doing, we miss valuable information necessary for taking good care of ourselves and being truly effective in our lives. Learning to make more space for "being" can be just what is needed for greater health, happiness, connection and performance.

- 1 Bring awareness to what drives you to resist "being" and jump into "doing". Are you overwhelmed by your to-do list? Feel guilty about taking a moment for yourself? Does it feel validating to be so busy? Or is it simply a habit of doing that feels unnatural to stop?
- 2 By bringing curiosity to what pulls you out of "being", you can better understand your own needs. Do you need to cross things off the list that don't truly add value to your life? Or to give yourself permission to "be."
- 3 Take a moment now to just "be." Notice that experience. What is the value in having more time for "being" right now? What are you becoming aware of that could help you make wise choices in this moment?

*Make a commitment to take
care of yourself*

AUTHENTIC SELF

Before getting out of bed, as you go to sleep, and one other time today, ask yourself what you need in order to stay connected to your authentic self.

Take a few moments to check in with your body and see if you become clear.

Make a commitment to take care of yourself by responding to others authentically today.



STRESS

We experience stress when we do not believe that our capacity for coping with obstacles is enough for what the circumstances demand. When we think these demands exceed our ability to cope, we then perceive stress.

*Make time for a
reinvigorating activity*

STRESS BUSTING TIP FOR REINVIGORATING YOURSELF

- 1 Consider one thing or activity that helps you feel more engaged and resilient. This could be taking a 5-minute break, chatting with a friend, reading something that makes you laugh, or walking outside for a few minutes.
- 2 Take a few minutes today for the recreation you've chosen, in order to "re-create" a sense of balance, energy and inspiration.
- 3 Notice the impact that just a few minutes of a reinvigorating activity can have on your day.

GET PERSPECTIVE!

Taking your stress temperature is a great practice to check in and notice how much stress you have and if you're managing stress effectively, or making it worse.

Set your alarm to go off every 2-3 hours and practice STOP - Stop, Take a breath, Observe, and Proceed.

Stop and take a few mindful breaths to become present.

Observe your inner experience. Are you experiencing any stress? If so, is the way you're thinking and feeling appropriate for the situation? Is it helping to problem-solve and minimize stress, or is your reaction making it worse?

Proceed with greater clarity about how to keep stress in check by managing your inner experiences more effectively right now.

*Take a few mindful breaths
to become present*

CHECK IN

Check in and notice your level of stress, or lack of stress. What is the urge or reaction that is wanting to happen in the moment? Notice what happens when you shift into the observer mode and stay curious without acting on your urge.



PERFORMANCE

Create the inner conditions for optimal performance by tapping into your mind and body.

“What is uniquely being called for right now?”

THE POWER OF PRESENCE

When we're not present in the moment, our decisions are made out of habit. This means that we're making choices for now based on what we learned in the past. While there is value in being able to do this, we're able to make choices for optimal performance when we're tuned into what is uniquely called for in this moment's circumstances.

Today, when you're engaging in routine tasks, take a moment to pause and notice any auto-pilot habits you're engaging in. Perhaps the assumptions you're bringing toward a person, conversation, or task. Notice how that habit gets in the way of noticing what is unique about the situation right now. Then ask yourself, what is uniquely being called for now? Would more curiosity, patience, creativity, kindness allow you to move forward more effectively?

As you move forward, notice how waking yourself up to what is unique in your everyday situations allows you to perform optimally, be of greater service, and enjoy your day.

ATTITUDE IS EVERYTHING

While attitude isn't really everything, it significantly influences the way we experience and do everything.

Today, choose an intention or attitude that you wish to cultivate in your life so that you can perform more effectively.

Practice experiencing everything that happens both in your internal and external world from that attitude. For example, if you choose abundance it might be experiencing your day through the lens of "I have enough time for what matters," "I have enough resources to make this happen," "I have enough money to be happy," "I have enough love in my life..."

Notice how your attitude influences how you experience the moments of your life, and how you respond to each situation.

*Better decisions are made
when you're fully present*

THE FUTURE IS NOW

Your beliefs and expectations can create a sense of worry, when unchecked can leave us paralyzed by overwhelm, fear and uncertainty. Manage your expectations about the future to make wiser choices now.

Today, practice becoming aware of your expectations and how they influence your thinking, mood, and choices.

If you notice negative expectations about the future spinning you into a state of worry and overwhelm, take a deep breath to shift your attention back into the present.

Then ask yourself, "Who would I be without that worry?" "What can I do now by staying present?" "What support do I need to take care of myself?"

Notice how becoming present allows you to connect to your resourcefulness now to make wise choices now for your future.

