



SEPTEMBER 2018

CARE PACKAGE



Discover the vibe of life.



CARE PACKAGE

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FRIDAY



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SATURDAY



HAPPINESS NOW

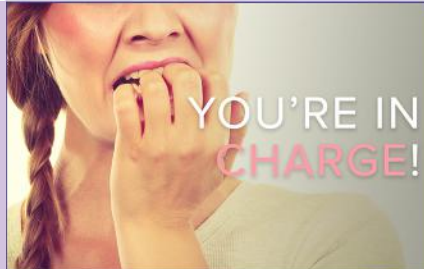
Do you think you're too busy for happiness?



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Do you want more happiness in your life, but don't have the time? Well, there are lots of opportunities to experience happiness in brief moments throughout the day! Start finding Happiness Now at the Mindful Daily!

SUNDAY



YOU'RE IN CHARGE!

Are you at the mercy of your stress habits?



30

It can feel impossible to change habits, even when we see the value in changing them. At today's Mindful Daily, learn how to break free from your stress habits- after all, You're In Charge!



HAPPINESS WEEK SEPTEMBER 18-24

Soaking Up Every Little Bit of Happiness

Kelly Barron, M.A., is a certified mindfulness facilitator at UCLA and writer. She teaches mindfulness for UCLA's Mindfulness Research Center as well as for corporations, schools & private groups. Kelly came to learn the value of mindfulness as a deadline-driven journalist. Now, she's passionate about sharing mindfulness with others to help them live with more ease, clarity and joy. You can learn more about Kelly and read her blog at www.kellybarron.com.

The other day I saw the postman sitting in his truck and I went outside to hand him a letter. We exchanged some friendly chitchat and I headed back inside. As I turned to go into the house, a warm, unexpected summer breeze greeted me. I stood still and let the gentle air wash over me, thinking: "This is joy."

Joy can be like that - small and unassuming. And, often, it's right around the corner waiting for us. You can find it in your first sip of coffee in the morning. It's hiding in the smile of your child. You can even find it in a pair of well-cushioned socks.

We often miss these little bits of happiness in the hurried routine of daily life full of work deadlines, mounting laundry and school drop offs. Yet, if we pause to pay attention to the many small, good moments that arise in our day we can build, brick by brick, a solid foundation of well-being.

Practicing mindfulness helps. Soaking up every little bit of happiness in our lives requires some worthwhile attention. After all, it's hard to enjoy the warmth of a summer breeze if you're fixated on your iPhone. What's more, left to its habitual patterns the mind naturally travels down the well-worn path of worry if we don't consciously redirect it.

This is the so-called negativity bias at work. Psychologist and meditation teacher Rick Hanson says the brain is like Velcro for negative experiences and Teflon for positive

ones. The brain is hardwired to register negative experiences more strongly than positive ones because that's what helped our ancestors survive. It's very useful to have a reactive brain that's highly attuned to detect threats when you're being chased by a saber tooth tiger. It's far less so when threats to our physical survival are fewer and when our lasting desire is to be happy.

With a bit of mindfulness, though, we can tilt things in our neurological favor by making a practice of noticing the many pleasant moments in our day. They don't have to be picture postcard moments that make us want to "jump for joy." Those are, of course, welcome. But so, too, are the quiet joyful moments that happen when we're present for them. We can pause and notice how good the warmth of the sun feels on our face. We can take a full breath and feel how soothing fresh air feels in our lungs. And we can share a bit of chitchat with the postman and notice how it puts a lift in our step.

Here are few tips on how to use mindfulness to cultivate more happiness in your daily life:

- **Come to Your Senses:** Many simple pleasures come to us through our senses. We can invite more happiness in our life by being more aware of the subtle, but often, pleasurable sights, sounds and sensations we regularly experience. I'm often struck, for example, how enjoyable it is to pet my cat, Peter. Feeling the softness of his fur under

my hand quickly shifts my mind away from workday worries and lands my attention in the contentment of the present moment.

- **Savor:** Slowing down and drinking in a sensory experience puts you squarely in the path of well-being. It can take the brain a few seconds to register that something good is coming your way. So, savor the flavor of a juicy peach. See the smile on the face of the grocery store cashier. And feel the low-down goodness of your feet on the ground as you walk about during the day.
- **Non-Problematic Joy:** Sometimes finding joy is as simple as noticing what isn't wrong or what doesn't feel bad. Much of the time the fact that everything is O.K. is not only good. It's great. Most mornings, for example, my car starts without a hitch, my teeth feel fine and the sun rises with confidence. While these experiences might not be thrilling, paying attention to them can encourage a deeper sense of appreciation and gratitude for all that's right in your world. And that's truly something to feel happy about.

Explore eM Life and take part in one of our Mindful Daily sessions this month as we delve into many aspects of happiness and a variety of helpful tools and skills to help cultivate it.



SEPTEMBER

MINDFULNESS

ARTICLES



The following articles coincide with our monthly mindfulness topic –
HAPPINESS

HAPPINESS

Quick Read (4 min)

The Secret to Happiness

[CLICK TO READ](#)

Quick Read (4 min)

4 Lessons from the Longest-running Study on Happiness

[CLICK TO READ](#)

Longest Read (25 min)

How to be Happy

[CLICK TO READ](#)

MINDFULNESS + HAPPINESS

Quick Read (3 min)

The Secrets to Happiness in 60 Seconds

[CLICK TO READ](#)

Quick Read (3 min)

Four Ways to Nourish Happiness with Mindful Eating

[CLICK TO READ](#)

Longer Read (5 min)

Mindfulness and Happiness in the Workplace

[CLICK TO READ](#)



STRESS LESS, LIVE MORE

Breaking Free From Bad Habits



REGISTRATION INFORMATION

Date and Time:

September 12th 1:00 pm EDT

September 25th 2:00 pm EDT

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

Over time we've developed certain habits to get away from stress that can be defined as "bad habits". These are habits that take us further away from what's most important, and eventually lead to greater stress. Freedom from these bad habits involves a greater understanding of the cravings and urges that are associated with them. In this session, we will explore how our unhelpful habits are generated and how we can begin to intervene.

COMING IN OCTOBER

STRESS LESS, LIVE MORE

**Creating Better Relationships
at Work**

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



WEIGHT BALANCE FOR LIFE

Shaking Off That Sedentary Lifestyle



REGISTRATION INFORMATION

Dates and Times – Choose One:
September 13th 3:00 pm EDT
September 28th 12:00 pm EDT

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

When we look at energy balance, we must consider both “energy in” and “energy out”. Physical activity is key to achieving and maintaining a healthy weight, but it is also common to experience barriers to incorporating exercise into our schedules. In this session, you'll learn how mindfulness can help you explore these barriers to better plan for them and strategize to move beyond them.

COMING IN OCTOBER

WEIGHT BALANCE FOR LIFE
Surfing the Urges to Overeat

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.

