



M A Y 2 0 1 9

# CARE PACKAGE



Discover the vibe of life



# CARE PACKAGE CONTENTS

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Flyers to be used to promote the premium  
courses that are available to you on eM Life.

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## MINDFUL MEETING MOMENT

Short form mindfulness practices to prepare  
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# MAY 1-6

## WEEKLY CALENDAR

WEDNESDAY



### ARE ALL EYES ON ME?


How do you manage the anxiety of feeling self-conscious?



01


Often social anxiety happens when we think we won't perform well in social situations. How do you manage the anxiety of feeling self-conscious?

THURSDAY



### COMMIT TO YOUR FUTURE, NOW


How would being present now serve you later?



02


Do you take the time to set financial goals... but then find that you don't follow through with those goals? Learn how to Commit To Your Future, Now at the Mindful Daily!

FRIDAY



### THE EMOTION OCEAN


How could better managing your emotional reactions help you stay balanced?



03

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SATURDAY



### I'D LOVE TO KNOW ME


What could help you fully accept who you are?



04

When we're truly seen by others and feel accepted, it's a freeing experience that gives a sense of safety and a message that we're lovable for who we truly are. What helps you fully accept who you are?

SUNDAY



### THE JOY IN ENOUGH

How do you live happily within your means?



05

Have you ever found yourself buying something because you think it will make you happy? We all know that we can't actually buy happiness, so what helps you live happily within your means?

MONDAY



### SAY IT NICELY OR KEEP IT TO YOURSELF

What helps you consider the impact of your words?



06

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## WEEKLY CALENDAR

WEDNESDAY




### HERE I AM!

What helps you accept that you don't need to be better?




**08** While most people come to mindfulness with the goal of change, mindfulness is more about knowing and accepting who you are in this moment. What helps you accept yourself as you are now, without having to change anything?

SATURDAY



### MY BEST BET

How do you make decisions in the face of uncertainty?



**11** The number of possibilities for how to save for retirement and the uncertainty and potential volatility of each choice can freeze you into doing nothing. What helps you make decisions in the face of uncertainty?

THURSDAY



### THE COMPLAINING CYCLE

How might focusing on what you don't want make things worse?



**09** Do you find yourself regularly complaining about your current work, a relationship, or something else in your life? Learn to Break the Complaining Cycle with mindfulness!

SUNDAY




### MAKING CHANGE FOR NEW CHOICES

How could you stop putting good money into bad investments?




**12** Sunk costs is a term for when we've invested so much into something that the past investment becomes our motivation for continuing. Discover how Making Change For New Choices will take you to the right investment!

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**07** How come when everything is going perfectly, you start to worry that something will go wrong? Discover how to stop letting negative thinking burst your blissful bubble at the Mindful Daily!

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### I DISAGREE!

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**10** Can you find the balance between being clear and committed to your own beliefs and values, while at the same time honoring another person's right to do the same? What helps you agree to respectfully disagree?

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### ALONE AND ANXIOUS?

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15

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16

Our emotions call our attention through sensations in the body, like knots in our stomach. While it's a natural tendency to avoid things that are unpleasant, unfelt emotions become stuck and zap our energy. Open The Door to your emotions with mindfulness!



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How confident are you about getting what you want in your life? Our moods flavor our confidence about our lives and what we create for ourselves. Positive psychology teaches us that when we feel positive, we're open to new possibilities. Embrace your Positive Power with mindfulness!



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Are you self-critical when you make a mistake? You're not alone! Making mistakes is a natural part of being human. When we judge ourselves, we add to our pain and suffering. Learn how mindfulness can help you accept your mistakes with grace!



19

When's the last time you did something you found relaxing, inspiring or simply enjoyable? It's necessary to connect to those things that bring us Pure Joy in our lives. What can you do today to create more joy for yourself?



20

Do you find yourself thinking, "I should reach out to so-and-so today?" But don't end up doing it? Maintaining healthy social connections increases our well-being. Connecting with those who care about us helps us feel affirmed for who we are.

\*eM Life week starts on Tuesday

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Our first reaction when being stood up might be to feel let down or angry, but this could be a wonderful opportunity to spend some precious alone time with yourself, while also becoming more comfortable alone.

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### PEACE & QUIET

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24

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SATURDAY



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25

Do you tend to set the bar high and create lofty goals that would only work on a perfect day? Instead of setting goals for that are unattainable, consider what would be reasonable today.

SUNDAY



### STRESS HAPPENS

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26

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MONDAY



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What helps you to be open-minded? 

27

Do you ever find yourself judging others or situations negatively? It's a normal habit of our minds to judge, but if we don't change anything, we can grow frustrated. What helps you to be more open-minded?

\*eM Life week starts on Tuesday



# MAY 28-31

## WEEKLY CALENDAR



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30

We have a tendency to over-place importance on a belief that when one thing in our life changes, our whole life will be more manageable. But are you able to notice when you're actually inviting chaos to follow you?



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Have you had the experience of looking forward to eating something and after a few bites realizing that you've eaten it without even noticing? Learn tips for eating more mindfully to better enjoy all parts of your food!



31

Do you ever find yourself rushing with such urgency that it seems your feet don't even touch the ground? What helps you get grounded before taking flight?





# Creating Mental Health in a Digital Age

By eM Life Instructor Kelly Barron

The other weekend I threw a neighborhood potluck. We were midway through our meal, when my neighbor realized she forgot to bring a promised dessert. In between bites of stew and salad, she pulled out her cell phone and with a few, quick clicks on a delivery app ordered a banana cream pie from her favorite restaurant. Ten minutes later the pie arrived at my door.

Technology is indeed a splendid thing. Never before have we had access to so many conveniences, so much information and so many social connections. Social media, iPhones, laptops and even Bird scooters are so seamlessly woven into our lives that we often don't give a second thought to how we use technology, how much we interact with it and the impact it has on our wellbeing. And that's a problem.

While there are countless benefits to technology, there's also a shadow side to having so much available at our fingertips. As technology increasingly saturates our daily lives, more and more research is showing that how we interact with our digital world can profoundly affect our mental health.

Studies show that prolonged social media use can increase anxiety, depression and loneliness. Even Facebook has acknowledged that "passive" use of its platform makes people feel worse. Research also shows that bedtime use of our devices and the "blue light" they emit reduces sleep quality and quantity by interfering with our circadian rhythms. The "always on" culture technology fosters has us working overtime, increasing employee burn out. Workers spend an average of eight hours a week answering work e-mails after they leave the office, according to an Academy of Management study.

All of it leads to an essential question: How can we create mental health in a digital age?

Increasingly, there's no shortage of advice. Technology experts and psychologists recommend changing notification settings on our devices or altering screens to "gray scale" so they're not so distracting and colorfully alluring. Others advocate digital minimalism by buying so-called "dumb phones" that don't connect to the Internet or going on a digital diet to curtail social media use. All of these steps can help us tame our digital domains.

But what may create more lasting digital wellbeing is paying closer attention to how we use technology. Much of what decreases our mental health isn't necessarily technology, but rather our inattentive use of it.

Mindfulness is a decidedly low-tech tool that can help us cultivate our attention and develop more awareness of our digital impulses and when our use of technology leaves us depleted.

It's doubtful, for example, that any of us will get a restful night sleep if we're pecking away at our laptop before bed answering work e-mails. It's also more difficult to have meaningful conversations with loved ones if we're intermittently texting at the dinner table. Bringing our attention to moments like these and noticing how we feel in the midst of them, can guide us to make wiser choices about how we engage with technology.

So can resisting the continual doing that our devices often invite and learning to simply "be." When we practice mindfulness, one of the basic things we're learning is how to be content without constantly seeking stimulus through social media or by bingeing on Netflix.

"In this utterly sped-up, high-tech world, it can be helpful to retrain yourself to take interest in the "boring" and "dull," write Diana Winston and Sue Smalley in their book *Fully Present, the Art and Practice of Mindfulness*. "Learning to take interest in the not-so-exciting experiences of life helps you to appreciate and be present for the simple things..."

Often, it's those simple things – a good cup of coffee, sharing a laugh with a friend or feeling the sun on your face – that build the foundation of our mental wellbeing and happiness.

Granted, it takes effort, as well as attention and awareness, to become the master instead of the servant of technology. But when you're in control of your digital world, ordering banana cream pie and having it arrive in a moment's notice becomes a technological convenience that's worth celebrating.

#### *About the Author*

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 and private groups. Kelly has worked as a mindfulness teacher with eM Life since 2016. She 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](http://www.kellybarron.com).





# How Mindfulness Can Help You Become Emotionally Healthy

By eM Life Instructor Kelly Barron

Not long ago I was driving with a friend in rush hour traffic. As she merged onto a crowded freeway onramp she sighed and, with irritation in her voice, said: "I think we're going to hit some bad traffic and I think I'm going to have to manage my feelings about it."

We both laughed at her outburst of honesty. But as we settled in for our bumper-to-bumper drive, I thought about how wise my friend was.

She was obviously peeved. Mostly, though, she was aware of her unpleasant feelings. She also understood that she had a choice whether to let them completely sour her mood or to find an appropriate way to be with them. She chose to enjoy her extra time with me and made a mental note to herself: "Don't drive in crosstown traffic at 5:30 p.m. on a Friday."

It isn't always easy to find such a healthy approach toward our feelings. Emotions are powerful and mysterious forces that can unexpectedly rise to the surface or lay dormant for years. Sometimes we wind up expressing our feelings before we're aware of them. At other times, emotions such as anger or grief get suppressed and remain unexpressed for even decades.

Emotions, especially difficult ones, are powerful for a reason. From an evolutionary standpoint, they act as an elegant internal guidance system, telling us when to pay attention to danger and signaling to us when things are safe. Fear, for example, helped our ancestors survive Saber-toothed Tiger attacks.

When we're emotionally healthy, we can use our emotional guidance system to help us better understand our circumstances and ourselves and take productive action so we can flourish. Rather than a steady state to be achieved, emotional health is a moment-to-moment process of awareness, acceptance and responsiveness. When we're emotionally healthy we're willing to acknowledge our emotions, feel them and respond rather than react.

It's not always easy. But just as we can become physically healthy by making more of an effort to eat nutritiously and exercise more, we can become

emotionally healthy as well. There are many ways to become emotionally healthy, whether seeing a therapist or reading books on the topic. Another significant tool in fostering emotional health is mindfulness.

Mindfulness is the awareness that arises when we pay attention to the present moment with curiosity, openness and non-judgment. Being mindful also entails willingness to stay with whatever is arising in any given moment long enough so that we can respond to it with wisdom and kindness.

Whether she knew it or not, my friend was using a mindful approach to her rush-hour irritation by naming her feeling, fully connecting to it and then relating to it in a wise way.

Being emotionally healthy doesn't mean we're always happy or that we don't experience difficult feelings. It also doesn't mean that we don't express our feelings at times in ways we wish we hadn't. No one is perfect. Being emotionally healthy, however, allows us to keep our fleeting feelings in perspective, be compassionate with ourselves when difficult feelings arise and find equilibrium again once an emotional thunderstorm has passed.

One mindfulness practice that can help us cultivate emotional wellbeing is **RAIN**. The acronym stands for: Recognize, Allow, Investigate and Non-Identify. Below is a short description of the practice:

**Recognize:** One of the first steps in becoming more aware of what you're feeling is to label the feeling as it's arising. By silently naming an emotion to yourself – "fear, fear, fear," for example – you can help quell your sense of overwhelm.

**Allow:** We might not always like what we're feeling. But from the perspective of mindfulness whatever we're feeling is O.K. What we do with our feelings is another matter. But by allowing our emotions to move through us more freely we lessen their hold over us and can begin to understand them better.

**Investigate:** Once we've named and allowed an

emotion to be present we can get to know it a bit better. How does anger feel in your body? What thoughts are connected to the feelings of anger? By investigating our emotions we can learn to relate to them with greater wisdom and kindness.

**Non-Identify:** Often, after going through the above steps you might notice that you have more space around whatever you're feeling and that you're less reactive. Doing so allows us to non-identify with our emotions and not take them so personally.

Being emotionally healthy takes effort, but doing so is often the difference between living with more ease and being unduly stressed. Practice RAIN any time an emotion arises. Over time, you'll likely find that you're able to navigate your feelings more easily and even learn from them.

## About the Author

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 and private groups. Kelly has worked as a mindfulness teacher with eM Life since 2016. She 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](http://www.kellybarron.com).



# MAY

## MINDFULNESS

# ARTICLES



These articles from other publications support our monthly mindfulness topic –  
**EMOTIONAL HEALTH**

### MINDFULNESS + EMOTIONAL HEALTH

Quick Read (3 min)

#### Using Mindfulness for Mental Health

[CLICK TO READ](#)

Quick Read (5 min)

#### Mindfulness and Mental Health

[CLICK TO READ](#)

Longer Read (8 min)

#### Mindfulness for Anxiety

[CLICK TO READ](#)

### TRAIN YOUR MIND

Quick Read (6 min)

#### Mindfulness is Powerful Medicine for Your Brain

[CLICK TO READ](#)

Quick Read (9 min)

#### What Is Well-Being?

[CLICK TO READ](#)

Longer Read (30 min)

#### Mindfulness for Anxiety and Stress

[CLICK TO READ](#)

### TIPS FOR EMOTIONAL HEALTH

Quick Read (3 min)

#### Practice Mindfulness to Improve Your Well-being: 11 Tips

[CLICK TO READ](#)

Quick Read (3 min)

#### 5 Exercises that Train Your Brain for Happiness and Success

[CLICK TO READ](#)

Quick Read (12 min)

#### How To Train Your Mind For Optimal Living

[CLICK TO READ](#)





## RESILIENCE

# Thoughts Are Not Facts



### REGISTRATION INFORMATION

#### *Dates and Times:*

May 8th 1:00 pm EST

May 30th 3:00 pm EST

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company **eM Life portal**.

The way that we think, and our habitual thought patterns, can increase our experience of stress and have a negative influence on our performance in our professional and personal life. Thoughts are simply words and images in the mind. However, thoughts are often experienced as truth, and are often associated with pleasant or unpleasant feelings, that typically lead to an action. This program helps participants understand that they can choose to experience thoughts as “merely thoughts” and not ultimate reality through the various mindfulness practices they are learning.

### COMING IN JUNE

#### **Resilience**

Getting to Know Your  
Mind Traps

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



MINDFUL EATING

# Challenging Thought Patterns That Lead to Weight Gain



## REGISTRATION INFORMATION

*Date and Time:*

May 10th 2:00 pm EST

May 30th 12:00 pm EST

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company **eM Life portal**.

Our thoughts can have a significant influence on our experience of stress, the way that we view ourselves, our bodies and our lives. Thoughts also form the basis of our beliefs in being able to manage our weight, or not. We can begin to observe the nature of our thoughts, recognize that not all thoughts are true, and choose to challenge rather than automatically believe our thoughts. This gives us the opportunity to engage in powerful and productive thinking, supporting our goals and efforts.

## COMING IN JUNE

### Mindful Eating

Freedom From  
Emotional Eating

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

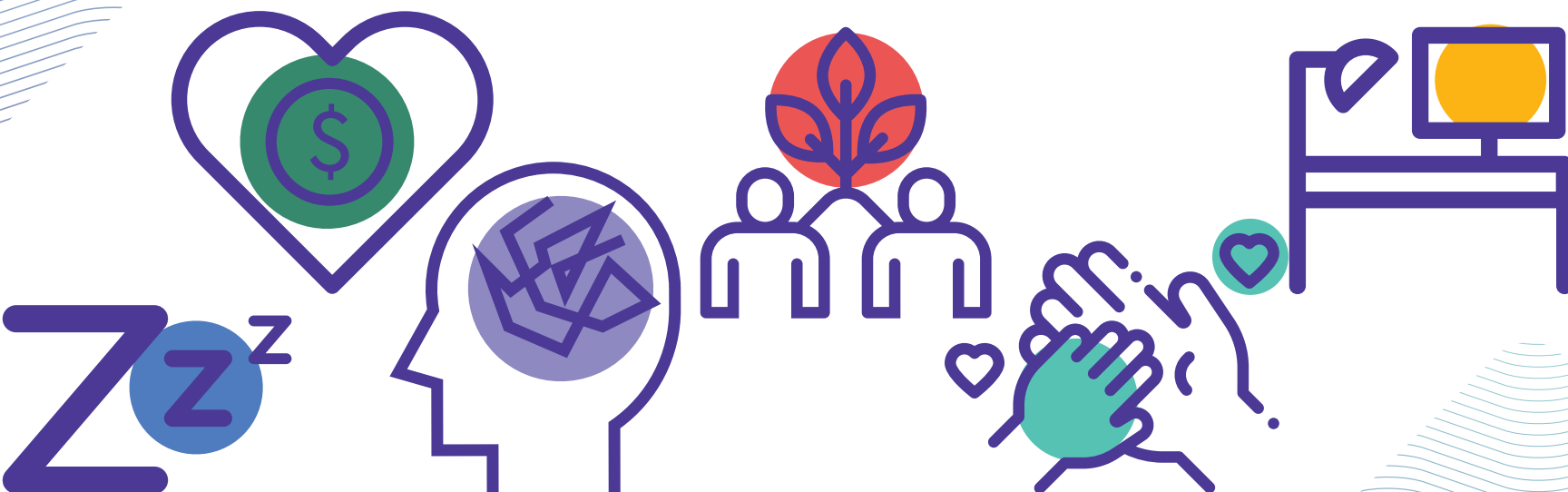


**PRACTICE GUIDE | VOL 3**

a handy pocket guide to

**SLEEP, FINANCIAL STRESS, ANXIETY,**

**RELATIONSHIPS, PARENTING, WORKPLACE STRESS**



# A Transformational Practice

## SLEEP

Focus attention on the sensations of the body and breath to settle the mind and relax the body. Bring to mind a happy place or a short phrase that brings you calm and ease.

## WORKPLACE STRESS

Each time you begin a new task, take one minute to bring your full attention to the breath. Notice what this experience is like for you.

## FINANCIAL STRESS

When you feel the urge to make a purchase, pause and take a few breaths. Ask yourself if this will help you reach your goals and/or if you really need the item.

## PARENTING

Approach situations from an attitude of curiosity. Start with a few conscious breaths and ask yourself what the situation would look like through a child's eyes?

## ANXIETY

Pause and take 10 conscious breaths. Ask yourself how are you feeling; is what you're thinking, really true? Respond in a way that will best serve you.

## RELATIONSHIPS

What does the other person need from you; to be heard, understood, feel like they matter?  
What do you need?

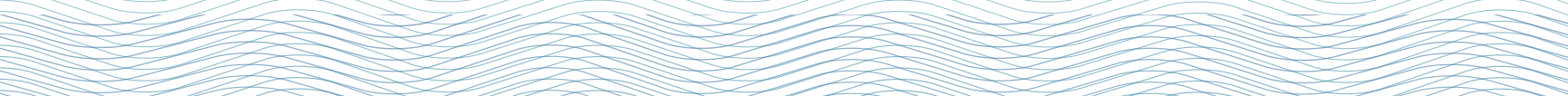
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# A Transformational Practice

Establishing a regular mindfulness practice can be transformational in every aspect of your life – ranging from your performance at work, your connections with others, stress, health and wellbeing, and even your spending habits. Mindfulness helps us to be more present more of the time, and to have greater clarity about what’s happening in our inner world of thoughts and emotions, and the world outside of us. This visibility into our in-the-moment thinking and feeling gives us the ability to make choices that will move us in the direction of our life dreams, goals and values.

## Mindfulness In Daily Life

Mindfulness can be practiced both formally and informally. When you sit down to meditate, we call that the formal practice. The formal practice helps you create a foundation of mindfulness that enables you to bring your mindfulness skills into everyday life activities, like having a conversation, preparing dinner, responding to emails, or even as you go to sleep. This Practice Guide will give you practical tips for integrating both formal and informal mindfulness practices in your life: Sleep, Financial Stress, Relationships, Anxiety, Parenting, and Purpose.







## SLEEP

The message on sleep is clear. We need about 7-9 hours of sleep each night to function at our best. But missing out on the amount and quality of sleep needed is common. Whether you have difficulty falling asleep when your head first hits the pillow, or you wake up and can't get back to sleep, mindfulness can help. And it's normal to take up to 30 minutes to fall asleep, so why not spend a few minutes practicing mindfulness to ease into it.



## Wind the mind down for sleep

On the nights your mind starts racing the moment your head hits the pillow, try settling the mind and body to create the conditions for a good night's rest.

- Get comfortably into bed, set all distractions aside, and when you're ready close your eyes.
- Thank your mind for working hard today and now it's time for the mind to rest.
- Settle the mind by shifting your attention away from thinking and to the general feeling of your body lying in bed – feeling the weight and texture of sheets or covers on your skin, the pressure of your body resting on the mattress, your head on the pillow.
- Starting with your feet and moving up through the body, bring a relaxed attention to the sensations of each part of the body. First noticing the feet touching sheets, the pressure of feet to mattress, warmth or coolness. And then moving attention to the ankles and so on.
- Keep the attention relaxed enough that you can drift off at any time.



## Waking up in the middle of the night

While middle of the night wakeups aren't ideal, we can actually make it harder to get back to sleep by engaging in anxious or frustrated thinking. Instead, take a few moments to help your mind and body relax so you can more easily fall back asleep.

**Step 1:** When you wake up in the middle of the night, do a mindful check-in. What are your thoughts? Your emotions? Are you anxious or frustrated? Is there any tension in your body?

---

**Step 2:** Invite your body to release any tension or tightness. Is there a particular place that you feel it? If so, imagine the soothing energy of the breath moving into that area and inviting that part of the body to soften and relax as much as it will.

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**Step 3:** Coordinate your breath with a comforting phrase to help set your mind at ease. On the inhale you can say to yourself, "Breathing in calm and ease". As you exhale say, "Breathing out relaxing more deeply." Use any phrase that's meaningful to you.

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**Step 4:** Even if it takes a while to fall back asleep, this practice will help you feel more peaceful and relaxed while you rest.





# FINANCIAL STRESS

Many people have a stressful relationship with their finances. Worries about not having enough and uncertainty about how to manage finances more effectively can lead to overwhelm and avoiding taking stock and making important financial decisions. Practice these mindfulness tips to get clear about your financial goals, your relationship with money, and maybe to even have a little more in the bank.



## Prevent buyer's remorse with a mindful pause

We can purchase almost anything with a touch of a button or swipe of a card, impulsively and instantaneously, which doesn't give time to consider whether we truly want the item, or if it serves our financial goals.

- Before you buy, STOP for 1 minute!
- Take a few deeper breaths as you relax your belly. The compulsion to buy can be intense, so breathe your way to being calmer and give yourself a little distance to any feelings of anticipation or urgency to buy.
- Observe what's compelling you to make this purchase. What are your thoughts? What's your mood? Are you hoping this will bring you happiness?
- Will this purchase bring you closer to what you truly want and need? Will it cause you more financial stress? Will you be just as happy, fulfilled and cared for without the purchase?
- Proceed – As you move forward to making or not making the purchase, do so consciously, with clarity and alignment to your longer-term financial goals.



# ANXIETY

Anxiety is a natural emotion that helps us predict what might go terribly wrong so we can avoid those situations. But anxiety creates havoc when we develop a habit of overestimating the risk of things that may not even happen in the future, and underestimate our ability to handle them. It's not possible to completely get rid of anxiety, nor would that be desirable for our safety. But mindfulness can help us to develop a healthy relationship to anxiety.





## ANXIETY

**Practice these steps to remain steady and resourceful, instead of getting carried away by anxious thoughts and feelings.**

### **Count**

Give your mind a break from anxious thoughts by counting your next 10 breaths. This will help your mind and body calm down, putting you in a better position to respond effectively.

---

### **Check in**

Check in with what's really happening right now. Are you ok in this moment? Are you getting caught up in worries that may never come true? What are the actual facts of the situation? Is it possible you're over-estimating the risks? What do you know about your ability to handle whatever does happen?

---

### **Choose**

Choose a response that truly serves you, and doesn't make anxious thoughts and feelings worse. Based on the facts of the situation and your resourcefulness, how can you respond to anxious thoughts and feelings more effectively now?



# RELATIONSHIPS

Having good relationships is one of, if not the, biggest predictor of happiness and health. But, successful relationships take work. Mindfulness can help us strengthen our personal and professional relationships by developing greater empathy and becoming more interested in understanding others instead of overly-focusing on being understood.



## RELATIONSHIPS

### It Takes Two to Tango

When you get caught up in the blame game, you can actually undermine your ability to resolve the situation because it prevents productive problem-solving. When you find yourself blaming, give this mindfulness empathy practice a try.

- Drop the story about how the other person is to blame.
- Explore other possibilities for perceiving the situation – just for a moment. What might the situation look like from the other person's vantage point? What might they be feeling?
- Now, become curious about what's underneath your reaction of blame. Are you feeling unappreciated, hurt or betrayed? Become aware of your feelings – anxious, angry, sad...
- With your broader awareness, what's most important for creating the conditions for health and happiness in this relationship moving forward?





## RELATIONSHIPS

### I See What You Mean

Not feeling truly understood can easily create relationship tension and disconnection. If you're desiring greater understanding from others, start by understanding others with this mindful listening practice.

- Set an intention to be deeply curious about the person you're communicating with, and to not share your own perspectives or needs for the next few minutes.
- Pause for a few seconds to become present before directing your openness and curiosity toward the other person.
- Ask the other person something that you'd like to understand about them. This could be something as simple as what the best part of their day has been, or something deeper like how they are feeling about a point of tension in your relationship.
- Just listen with the intention to truly understand them, letting go of any need to share your own experience for now.
- Notice what it's like to give yourself permission to be interested and open to the other person, without trying to change the other person or be understood.



# PARENTING

Parents often say that their children are wonderful mindfulness teachers. They remind us about the joy of childlike curiosity, slowing down, and being fully present with the ones we love. And they also can push our buttons and send us into an emotional tailspin. Mindfulness can help you be more present, patient, and resilient so you experience more joyful parenting.



## Childlike Curiosity

Children are naturally curious, and inclined to ask why and explore as they push boundaries to see what will happen. As adults, we can lose our curiosity by assuming we already know what a person, situation, or experience is like – resulting in our being less present in everyday moments.

- Experience more connection and joy by spending a few minutes bringing a childlike curiosity to an everyday situation. This could be something you do alone, like brushing your teeth. Or it could be something you do with your child, like eating dinner. Imagine you're experiencing this for the first time. Ask yourself these questions and notice the impact of curiosity.

What's it like?

What's interesting about this experience?

What are you becoming aware of that you haven't noticed before?

How is it to be fully present and interested in this moment?

How is your curiosity influencing your experience?

Whether you're experiencing more connection or joy, or noticing you'd rather be doing something else, take note of the value of curiosity in your day.





## PARENTING

### Patience

It takes children more time to get dressed, eat breakfast, walk to the car.... If we haven't budgeted enough time for them to do things, it's easy to see them as the reason we're running late and feeling stressed. But it may be more accurate to say that we're the reason they are feeling rushed and stressed. The next time you want your child to move faster, support each other with patience!

**How could slowing down right now help you move faster, or accept the moment just as it is, with greater ease and joy?**

- Give yourself permission to slow your mind and body down.
- Notice how impatience feels in your body (tension, clenching, heart racing) and your mind (worries about being late, wishing something would or wouldn't happen).
- Invite any tension to release by taking a few deeper breaths.
- Ask yourself if your impatience is really helping you or your child right now? Will your impatience help either of you to feel more calm, competent, or connected?



# WORKPLACE STRESS

When it comes to success in our personal and professional lives, we only have so much we can do, be and give. And sometimes our pursuit of success causes stress and anxiety. Mindfulness can help us diffuse workplace stress with an attitude of gratitude, and by being more connected to our purpose for the work we do.



## Clarify Your Purpose

Purpose is a way of living, not an end goal. It can be about the way you relate to others, the qualities you want to embody, and the daily work of your life. Take a few moments before jumping into work to connect to your purpose to feel more inspired, creative, resourceful and resilient in your work.

- Pause the doing and unbusy your mind by tuning into your body. Notice your energy, temperature, restlessness or stillness...
- Purpose is often experienced as a deeper level of knowing, or wisdom that can more easily be connected to as you settle the mind and body. Continue to rest your awareness in the body for a few moments.
- When you're ready, ask yourself: What is meaningful to you? What are the values you want to bring into the world? What is the difference you want to make or the way you want to be with others in the world? What seems clear, or is perhaps emerging, about your purpose in this moment?
- Notice how becoming more clear and connected to a sense of purpose influences your experience of the workday.

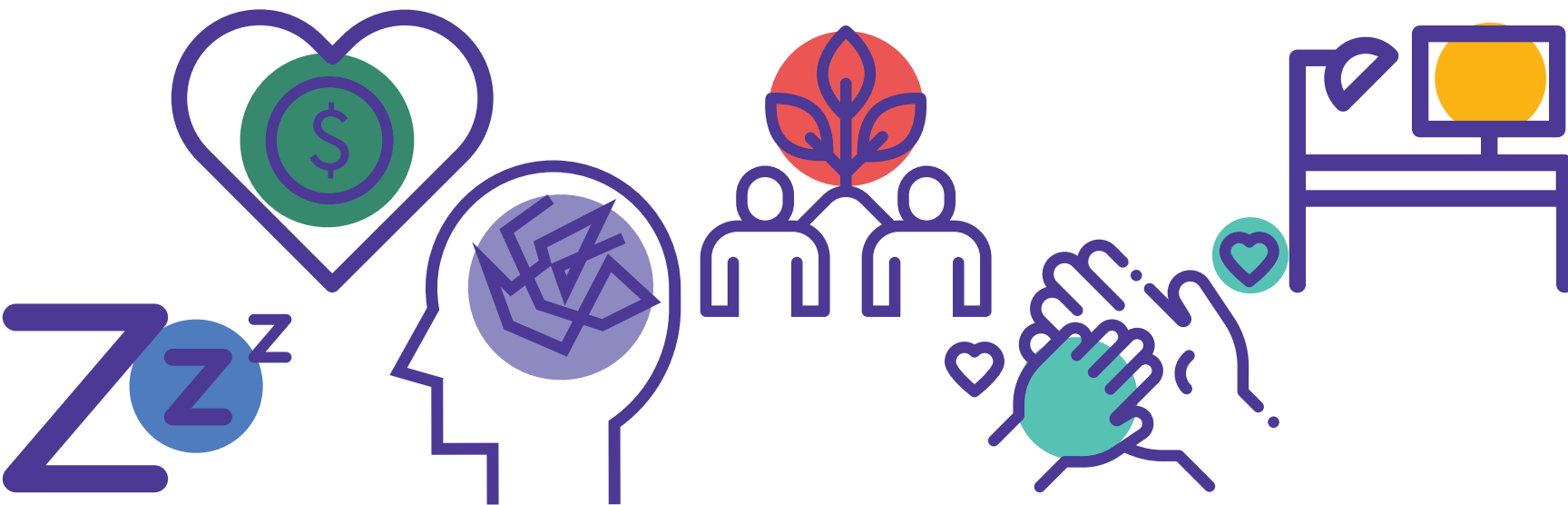


## Gratitude Practice

Cultivating gratitude has been shown to help overcome the brain's tendency to focus on the negative, and under appreciate the positive aspects of our day, work, and life. Gratitude helps us rebalance our perspective by intentionally appreciating where we work, who we work with, and the work we get to do. Give yourself this daily gratitude challenge and notice how it shifts your perspective.

- Take a few minutes each day to reflect on one or two things you are grateful about.
- If you're having a hard time thinking of things you're grateful for, look for the smaller and simpler things. You might feel grateful when someone reminds you of a resource you could use to make your job easier, or for bringing you a cup of coffee to your morning meeting.
- Spend about 1 minute taking in the experience of being grateful for each thing, experience or person that you're feeling grateful for.
- Notice how it feels as you recall what you're grateful for and how gratitude influences your day.





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