



J U L Y 2 0 1 9

# C A R E P A C K A G E



Discover the vibe of life



# CARE PACKAGE CONTENTS

## WEEKLY CALENDAR

View a week's worth of upcoming  
Mindful Daily episodes.

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## MONTHLY CLASSES

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

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## THEME WEEK BLOG

A blog post that is written to introduce  
and share practices related to this  
month's Theme Week.

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## MINDFUL MEETING MOMENT

Short form mindfulness practices to prepare  
your team to be calm, focused, and more  
efficient for your next meeting.

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## MINDFULNESS ARTICLES

A collection of mindfulness articles  
curated from around the web that  
are related to the monthly theme.

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## PRACTICE GUIDE

The Mindful Daily Practice Guide Volume 3  
contains efficient mindfulness practices that  
can be used outside of the classroom.

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# JULY 1

## WEEKLY CALENDAR



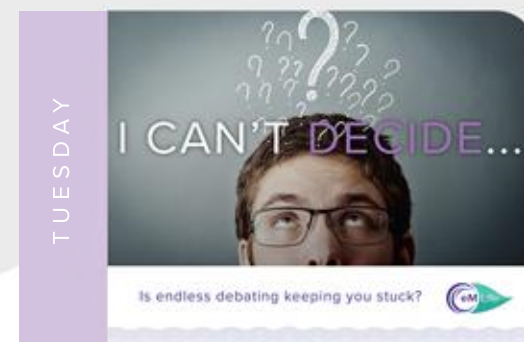
01

Participating in gossip can bring up a complex set of thoughts that are evoked by our desire for social connection. When you find yourself gossiping, it's helpful to pause and consider what's driving the sharing. Mindfulness can help you take the high road!

\*eM Life week starts on Tuesday

# JULY 2-8

## WEEKLY CALENDAR



02

When we spend significant amounts of time debating "whether we will or won't," it may not change our actual choice in the end. Mindfulness can help us tune in to notice and make decisions that better work for us in the moment.



03

Are you putting in the work to be happy in your life? At today's Mindful Daily, learn more about The Work Of Happiness and how you can create the conditions for joy in your life, everyday!



04

It's easy to become so used to day-to-day generosity from others, such as holding a door, that they become expectations, and we forget that they're acts of kindness. Learn how to tap into your Endless Gratitude and say thank you every day!



05

For many of us, when we set goals, we have an overly-optimistic view of what's possible. As life happens, it's rare that we can meet our ideal goals, which can lead to disappointment. Learn more about mindful goal setting at today's Mindful Daily!



06

We all feel anxious at times, but sometimes this protective ability becomes debilitating. Mindfulness can help us manage anxiety by teaching us to stay present to unhelpful patterns, interrupt these bad patterns, and calm our body and mind.



07

Do you find yourself frequently driven to distraction throughout your day? Our mindfulness training can help us notice when we feel compelled to self-distract, and teach us to pause before giving into the distraction to better train our focus.



08

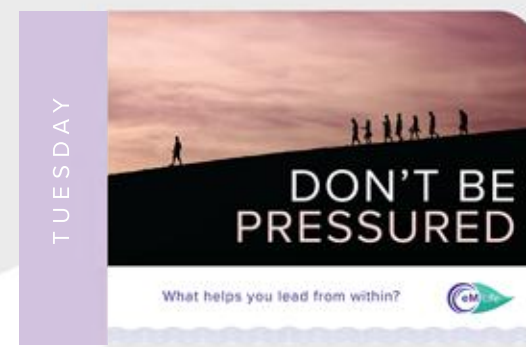
What if you were able to trust in yourself more? Mindfulness helps us better tune into our thoughts to see why we may not trust ourselves, and help us recognize that we're resilient enough to be wrong.

\*eM Life week starts on Tuesday



# JULY 9-15

## WEEKLY CALENDAR



09

We've all likely experienced some form of peer pressure from time to time. What do you notice when you feel pressured to do something that is not in line with your goals?



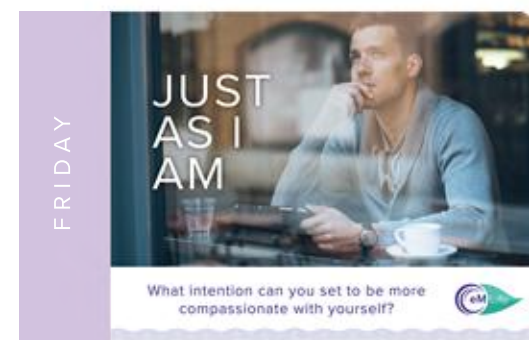
10

There are many powerful distractions that can make it difficult to be a good listener. The pull of our cell phones is particularly difficult. Mindfulness can help us learn to maintain our focus and ride these urges to pull ourselves from the present moment.



11

Have you had one of those days when something stressful happens early in the day, & everything that happens after feels stressful? Instead of keeping that feeling, we can learn to let it go and make the conscious choice to Keep Moving Forward.



12

It can seem hardwired in our DNA to feel caring and compassion for others. But it doesn't always feel so instinctual and natural to feel that way toward ourselves. What makes it difficult for you to offer yourself the same compassion you give to others?



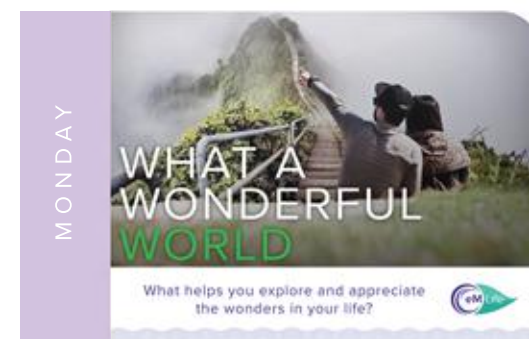
13

How does you feel when someone says "I told you so!"? It may not feel good. Our mindfulness practice can help us notice when and why we're saying things that point out other's failings, and eventually learn how to let the urge pass to say these things.



14

Falling asleep is one of the most obvious times to notice connection between mind and body. When we try to rush sleep, it usually ends up making it even harder to fall asleep. What are your own expectations when it comes to falling asleep?



15

What would be on the list of The 7 Wonders of Your World? By bringing this intentional attention to these aspects of our lives, we can gain more energy and enjoyment from these, as well as perspective about our values and what is important in our lives.

\*eM Life week starts on Tuesday

# JULY 16-22

## WEEKLY CALENDAR

THEME WEEK: SLOWING DOWN IN A FAST-PACED WORLD



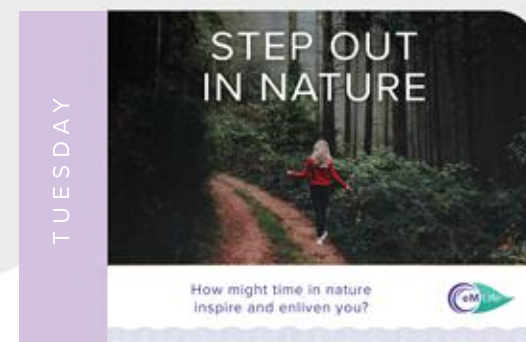
17

Balancing the many tasks of work and family life requires time and attention, and our jobs demand our best energy. How might transitioning at the end of your work day into a more heart-centered way of being deepen the connection with your family?



18

Mindful stretching unifies mind and body, and supports overall wellbeing. It improves flexibility and circulation – and also calms the mind. The body is a powerful anchor to the present moment. How could you incorporate mindful stretches into your day?



16

What would it be like to have access to daily inspiration? Luckily, this is easy to obtain! Nature is a source of inspiration and renewal. How might stepping outside and spending some extra time in nature inspire and enliven you?



19

Self-care can mean being active, eating healthy foods, resting, taking time for what we enjoy, or connecting with others- all things that contribute to our overall well-being. What does Indulging in yourself mean to you?



20

Good friends are like gold. We need social connections to be and feel our best, yet when life is busy we don't always take the time to reach out. What would shift if you took the time to reach out and bring more joy and appreciation to your friendships?



21

Slowing down and savoring makes eating more enjoyable. It also supports our wellbeing as we make more conscious food choices and tune into the body's wisdom. At today's Mindful Daily, learn how mindfulness helps you slow down and master the art of savoring your food!



22

We've all experienced stress that comes with feeling overbooked and overwhelmed. It's not easy to say "no", but saying no and letting go are sometimes necessary to create space for what matters most. Mindfulness teaches us it's okay if the answer is Not Always Yes.

\*eM Life week starts on Tuesday



# JULY 23-29

## WEEKLY CALENDAR

TUESDAY



### MIRROR, MIRROR

How can you learn to like what you see in yourself?



23

When seeing themselves in a mirror, many people's first instinct is to criticize themselves. Mindfulness helps us notice we do this a lot, & it's good to explore the kind of relationship we've created with ourselves and decide if that is how we want to be.

WEDNESDAY



### WHO'S IN CONTROL?

Are you or your habits driving your life?



24

Do you think that you're in control of the choices you make daily? Research shows we have less control than we think. Mindfulness practice helps us enhance our present moment awareness, giving us more conscious choice over how we live our lives.

THURSDAY



### ARE YOUR TO-DO'S TAKING A TOLL?


How do you give yourself permission to shift from human doing to human being?



25


It seems practical that we'd be able to tell ourselves, "I've done enough today, I need sleep." But for many of us, we let our minds decide for the body (until the body collapses). How can you give yourself permission to shift from doing to human being?

FRIDAY



### I FEEL GOOD!

How could you shift your outlook on your pain?



26

What's your reaction when you feel pain? It's normal to feel as if something is wrong. But this view of the body can lead to an over-focus on what's wrong, and having a negative relationship with our body. How could you shift your outlook on your pain?

SATURDAY



### THE NEXT POINT OF HAPPINESS

How does giving to others impact your happiness?



27

It's not uncommon for our day to focus on a series of transactions serving as a means to an end and happiness. However, giving to others can also greatly contribute to our happiness!

SUNDAY



### BUILDING YOUR SLEEP ROUTINE

How might a bedtime routine change your life?



28

Many of us aren't fans of routine and like to be flexible in our daily lives. That's wonderful, except when it comes to sleep. Creating a repetitive bedtime routine makes it easier to get good quality, sleep. How might a bedtime routine change your life?

MONDAY



### IS BOREDOM CONTAGIOUS?

Could being more focused make others more interesting?



29

While there are some people we naturally connect to and find a spark of aliveness in conversation, the quality of our attention, as well as theirs, plays a role in how engaging the conversation is. Could being more focused make others more interesting?

\*eM Life week starts on Tuesday

# JULY 30-31

## WEEKLY CALENDAR



31

Do you ever find yourself completely confused and not sure how to make sense of things? Most people are uncomfortable with uncertainty and confusion. However, forcing clarity, where there is none, may actually increase our mental confusion.



30

Setting an intention is different than a goal. An intention is more like an invitation, or a value you would like to embody. Mindfulness helps us train our focused attention so we can better set and follow intentions that are inline with our goals.





# HOW TO UNBUSY YOUR LIFE TO EXPERIENCE MORE CLARITY, EFFECTIVENESS AND JOY

By Jennifer Davis

What would it be like to unbusy your life? For years I've been fantasizing of taking a hiatus from my busy life. It's not that I want to stop working and live on a tropical island for the rest of my days. But, I crave a change of pace from the "always urgent" work deadlines; scrambling to squeeze in long overdue personal to-dos like my taxes and having that scary mole looked at; and the nagging stress that no matter how much I do it's never enough.

Whenever I ask, "How are you?" the response is almost always "busy." Being busy has become the cultural badge of honor for "I'm important," "I matter," "I don't have time for you right now," all the while robbing us of a mental clarity, connection to purpose, fulfilling relationships, and joy. But what's the secret to living in this "rise and grind" culture of do, do, do without getting caught up in it? What's required to make the unbusy fantasy a reality?

## The Difference Between Being Productive and Busy

A few months ago I seized the opportunity to unbusy my life while making a career change. I gifted myself a three months break to reset and refocus on my bigger life priorities. I would Marie Kondo-style rid my life of the habit of always being on, responsive and optimistically thinking I can, and need to, do it all. I would finally have the time to intentionally focus on my career aspirations, relationships, wellbeing, and get back to what brings me joy.

But that didn't happen. A few weeks in I realized that, outside of my employment status, nothing had changed. My need to be productive, my desire to get the most out of every day, my need to please...they had all followed me into my precious three months. I was the same person, with the same busyness habits, filling up my days with the things of life – and my life priorities were still on hold.

It's not "wrong" to be productive. For most of us, we need to earn a living, take care of our families, and invest in our health. But when even when we have free time, we often fill it with things that aren't actually meaningful or important. We get caught up in the habit

of busying ourselves with whatever comes our way and feeling a short-lived satisfaction of crossing things off the list, but ultimately leave us unfulfilled with no time protected for meaningful action toward our bigger priorities.

Learning to live an un-busy, and priority driven life isn't as simple as having more free time. It requires greater self-awareness, clarity, commitment and self-compassion. Here's how you can create a discipline of un-busyness with these four tips.

### 1. What are your life priorities?

Start with 3 priorities for your life that you can work toward now. It can be helpful to explore this at the end of your meditation practice, after you mind has settled and you feel connected to your body. Ask yourself, "What matters most to me in my life?" Perhaps it's relationships, health, meaningful work, or spirituality. Without the distractions of a busy mind, what we truly care becomes clearer.

### 2. How will I live into these today?

Ask yourself, "What can I do today to focus on my priorities?" Often, what we can do is more about the way we are being – the attitude we have, and the way we relate to ourselves, as we focus on priorities and challenges to them.

### 3. What will I say "no" to?

Ask yourself, "What are the ways that I fill time that crowd out my priorities, I later regret, or that make me tired with little payoff? What will I commit to not doing today in order to break the busyness habit?" Commitments like not immediately reaching for your phone whenever you have a free moment alone may help you feel less busy, and keeping your mind clear and focused.

### 4. Practice self-compassion

Breaking the impulse to constantly check messages, reading yet another news article on the same topic, or whatever perpetuates your busyness habit can feel awkward, uncomfortable and anxiety provoking. Offering self-compassion helps us stay on track when it feels hard to not be busy. Self-compassion combines


both a sense of kindness for how challenging it can be, along with the discipline to follow through with your commitment. A simple practice is to say to yourself, "I offer myself kindness and care as I feel this pain (anxiousness, boredom, loneliness...) and I remember what matters most to me (my bigger priorities).

Breaking the busy habit, rather than fantasizing about it, will likely be a lifelong practice for me. But, now, instead of saying "busy" when someone asks how I'm doing, I let the question be a reminder of what matters most to me and an invitation to focus on meaningful action toward those priorities.

#### About the Author

With a background in psychology, coaching and mindfulness, Jennifer brings over 20 years of experience in training individuals, teams and organisations to thrive in complex circumstances and environments. Jennifer's interests in mindfulness have been influenced by previous roles focusing on the intersection between wellbeing, performance and resilience at Duke University Health Systems and as the Director of Curriculum and Delivery at eMindful. She is currently living in Singapore and is the Director of Personal and Professional Leadership at Duke-National University of Singapore Medical School.





# Interconnectedness: How it Can Strengthen our Authenticity with Others And Ourselves

By eM Life Instructor Kelly Barron

In the early summer of 2018, I attended my first 5 Rhythms Dance class, a type of dance that's intended to facilitate deep connection and creativity with what appears to be freestyle movement.

In spite of my lack of dance experience, I decided to give it a try after a friend told me how much she loved it.

As I watched people get out of their cars while I sat in the parking lot outside the studio, I began to question if I belonged there.

*Am I too old?*  
*Am I too motherly?*  
*Am I too practical?*  
*Am I too inflexible?*

In essence, I'd made up my mind that I had no business being there before I even stepped foot on the dance floor. After some debating, I mustered up the courage to go in, shyly situating myself on a chair in the back of the room.

As I looked around, my eyes immediately fell on a group of people in the center of the room who moved and stretched expressively and without inhibition. You can still leave, I muttered to myself.

But, I eventually stopped fixating on what everyone else was doing, and reminded myself that I came here to dance.

I stood up, closed my eyes, and slowly began to move in unison with the music. It felt both completely foreign – and oddly familiar – to let the beat, rather than my thoughts, dictate my moment-to-moment movements.

In spite of my hesitance at the first class, and my continued uncertainty about whether I belonged, I came back week after week to explore the practice more in depth.

At around my 10th class, as I watched people congregate in the center of the room, carelessly shimmying and shaking their bodies, I felt this immense knowing that we're more similar than different.

As I reflected on this after class, it grew clearer than

before that in spite of our perceived – or real – differences, many aspects of our humanity are shared and universal.

## Interconnectedness Meaning

Interconnectedness simply means our state of being connected with one another. Think about it, at our very basic level, we're all very similar.

- We all have bodies, hearts and minds.
- We all experience joy – and pain.
- We all long for truth and intimacy.
- We all sometimes fumble our way through transitions and challenges.

And on a primal level, we are wired to depend on and seek out relationships with each other. In their book, *Attached*, Dr. Levine and Rachel Heller, point out that an individual's capacity for self-regulation and resilience, for example, is dramatically influenced by whether there's someone beside you who you know you can count on.

In Western culture, such dependency can be perceived as weakness, but you can't override your biology.

You have a deep need for safe, loving relationships.  
You have a deep need to belong.

## Simple Steps You Can Take to Strengthen Interconnectedness

The nice thing is, you can realize your full potential for interconnection without losing autonomy or power.

### 1. Develop a Relationship with Yourself

Even though it may sound paradoxical, one way to strengthen your own interconnectedness is to develop a closer, more understanding relationship with yourself.

In her book, *Braving the Wilderness*, Brene Brown posits that your ability to openly connect with others is informed to a large degree by your ability to connect with yourself.

"Our sense of belonging," she says, "can never be greater than our level of self-acceptance."

Mindfulness practice can help you deepen self-acceptance, as you learn to be lovingly present

with your aches and pains, as well as your joy.

Meeting yourself with respect and understanding when you don't feel up to par, or when you're unclear about how to proceed with a decision. It's all part of being human, and the more comfortable you are allowing your real experiences, no matter how annoying they may seem, the more comfortable you'll be revealing your true self in relationship, showing up without sacrificing who you are.

### 2. Identify the Blocks in Your Relationships

Another mindfulness practice that can help foster more interconnection is to notice your patterns in relationship. Do you shy away from closeness? Do you disconnect or turn away when things get challenging? Do you lose yourself in relationship? Do parts of your past inform the way you orient yourself in relationship? Begin to develop more self-understanding and self-compassion for your relationship tendencies.

### 3. Take Time for Appreciation

Finally, make a point to slow down and appreciate others, both those you know and don't, for the ways in which you're similar. Focus on your shared aspiration for happiness, your wish to not suffer, your longing to give and receive love, your hope for deep safety in relationship.

Stretch yourself to look below the surface of roles, affiliations, appearance, and opinions, and, at least on occasion, plug into the deeper story of who we all are and how we're all connected.

### 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).



# JULY

## MINDFULNESS

# ARTICLES



These articles from other publications support our monthly mindfulness topic –  
**SLOWING DOWN IN A FAST-PACED WORLD**

### MINDFULNESS + SLOWING DOWN

Quick Read (3 min)

#### **How to Slow Down and Stay Present- Even Under Major Stress**

[CLICK TO READ](#)

Quick Read (4 min)

#### **Slow Down to Speed Up- A Mindful Approach to Business**

[CLICK TO READ](#)

Longer Read (6 min)

#### **Take Time to Slow Down: The Benefits of Mindfulness and Meditation**

[CLICK TO READ](#)

### TIPS FOR SLOWING DOWN

Quick Read (2 min)

#### **4 Ways to Slow Down and be Mindful**

[CLICK TO READ](#)

Quick Read (3 min)

#### **3 Ways to Improve Your Mental Health at Home with Quiet Moments Today**

[CLICK TO READ](#)

Longer Read (5 min)

#### **11 Ways to Implement Mindfulness Training to Create a More Balanced Workplace**

[CLICK TO READ](#)



## RESILIENCE

# It's Not About Time Management, It's About Attention Management



### REGISTRATION INFORMATION

#### *Date and Time:*

July 10th 1:00 pm EDT

July 25th 3:00 pm EDT

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

Now more than ever, there are so many more things fighting for our attention throughout the day. Due to this high demand of our attention, it's normal to have picked up multi-tasking to better accomplish everything, at work and at home. One problem with multi-tasking, though, is the false sense of productivity it gives us. In this session, we will explore more of what drives us to multi-task and discuss how mindfulness can help focus in the moment to deliver our best.

### COMING IN AUGUST

#### **Resilience**

Bringing Calm and Focus to  
Overwhelming Situations

Please contact Support at  
**[support@emindful.com](mailto:support@emindful.com)**  
or **1-855-211-1536** with  
any questions.





MINDFUL EATING

# Can Kindness Make Me Thinner?



## REGISTRATION INFORMATION

*Dates and Times – Choose One:*

July 11th 1:00 pm EDT

July 29th 2:00 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 AUGUST

### Mindful Eating

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

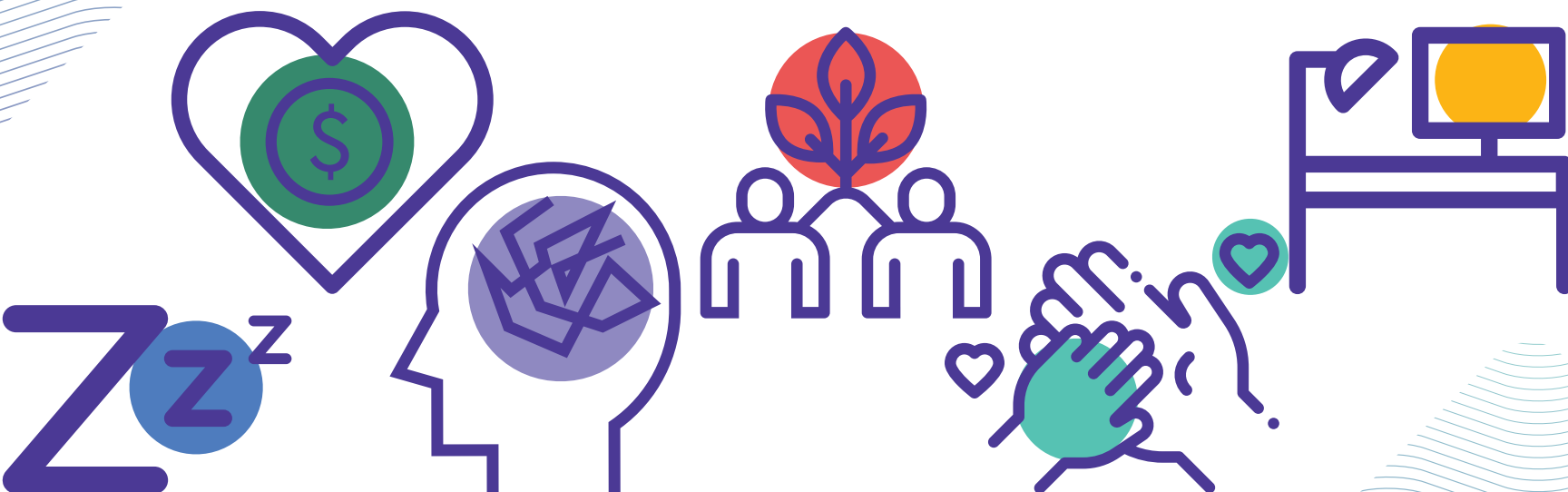


**PRACTICE GUIDE | VOL 3**

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?



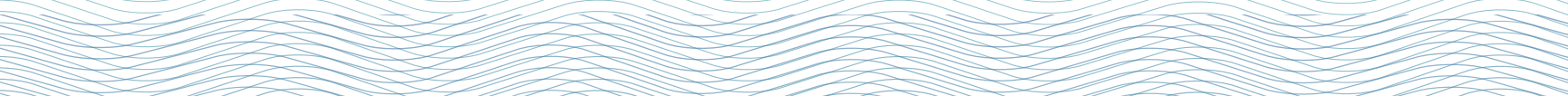
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# A Transformational Practice

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?

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**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?

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### **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.





## 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.

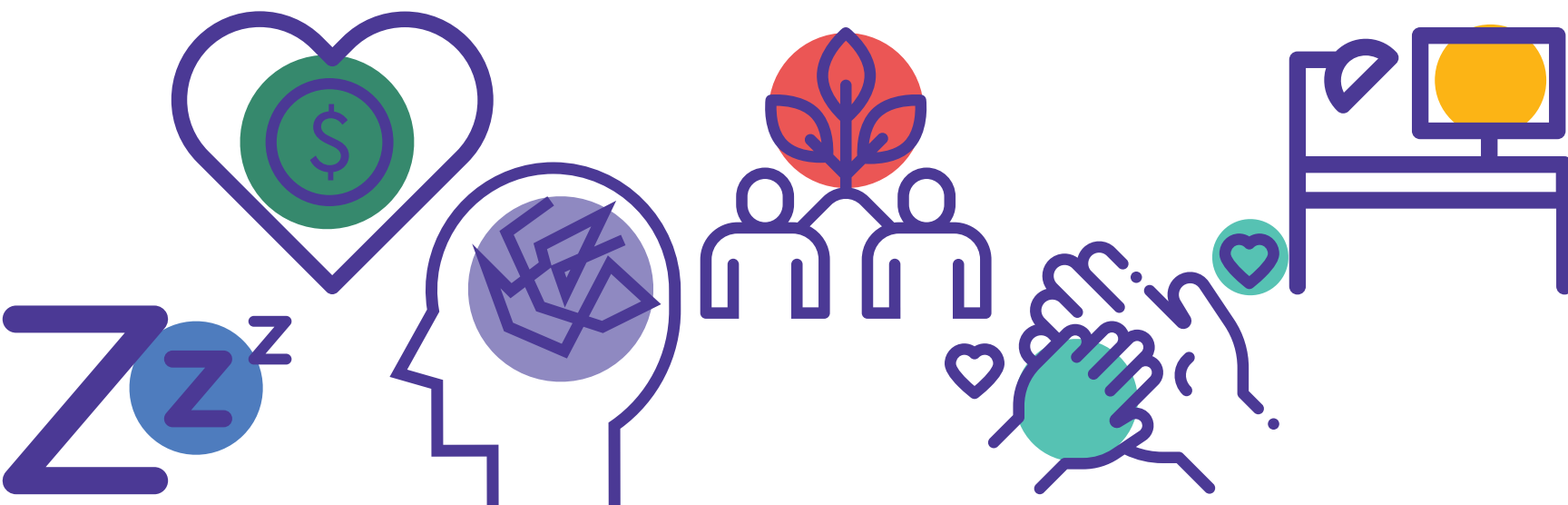


## Gratitude Practice

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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