



J U N E 2 0 1 9

C A R E P A C K A G E



Discover the vibe of life



CARE PACKAGE

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JUNE 1-3

WEEKLY CALENDAR

SATURDAY



FIRST THINGS FIRST

How do you break free from the compulsion to multi-task? 

01

Where are you right now? Is your body here, but your mind is thinking about something else? Even when we set time aside, we may feel the compulsion to do many things at once. Learn how to break free from the need to multi-task at the Mindful Daily!

SUNDAY



COUNTING SHEEP?

Could mindfulness help you get more ZZZ's? 

02

Have you ever laid down to catch some ZZZs, just to notice that your mind is buzzing? In these moments, it's important to not get carried away with those thoughts. Instead of Counting Sheep, learn how mindfulness can help you get even better sleep!

MONDAY



I CAN'T STOP SHOPPING!

How might being present inform your choices? 

03

With so many ways to spend your money, it's normal to feel a little financially stressed. Having only a few considerations for how we spend our money helps us to be more clear about the value and priority of each option. Learn more at the Mindful Daily!

*eM Life week starts on Tuesday

JUNE 4-10

WEEKLY CALENDAR

TUESDAY



GOT BAGGAGE?

How could looking inward help you see what's yours or a projection on others? 

04

Have you been annoyed by someone's behavior just to find that you do the same behavior? Mindfulness helps us tune in & reflect on these moments to discover steps we can take to see ourselves more clearly.

WEDNESDAY



ALL ALONE TOGETHER

How might you feel connection when you don't feel seen? 

05

Feeling lonely is a difficult and very common human experience. In the moments we feel especially lonely, mindfulness can help us tune in to decide what we really need at that time to meet our needs, whether it's connecting with ourselves or others.

THURSDAY



PERSISTENCE PAYS OFF!

What helps you persist to create meaningful change? 

06

While there may be some things in life where immediate results with minimal effort do come true, this can be a false promise that undermines our abilities for meaningful results. Learn how Persistence Pays Off at the Mindful Daily!

FRIDAY



BE HERE NOW

How might being present help you enjoy the precious moments? 

07

It's easy to ruin a special moment by jumping from being mode into 'doing'. What helps you stay present for every special moment in your life? Learn how to Be Here Now at the Mindful Daily!

SATURDAY



IT'S NOT YOU, IT'S ME

What helps you see yourself more clearly? 

08

How do you feel when you realize the other person isn't the problem, it's actually you? There's great power in recognizing that you're human, vulnerable, and able to take responsibility for your actions, so you can move on in a better way.

SUNDAY



WHEN OPPORTUNITY KNOCKS

How do you find empowerment in every moment? 

09

It can be easy to overlook an empowering opportunity and instead focus on what we believe to be opportunities taken away by a difficult moment. Learn how to find empowerment in every moment at today's Mindful Daily!

MONDAY



NOT JUST A MEANS TO AN END

How do you experience giving to others? 

10

By over focusing on how to acquire the next thing, we may find ourselves further away from the happiness we seek. In fact, sometimes the best way to increase our happiness is by giving to others. What could you do today to give to others?

JUNE 11-17

WEEKLY CALENDAR

TUESDAY



MAKE YOUR OWN MAGIC

How could you turn magical thinking into meaningful action?



11

Magical thinking can lead us to believe we'll be better equipped to handle something, like a diet, at a later time, but it doesn't mean we're taking steps to accomplish that now. How could you turn magical thinking into meaningful action?

WEDNESDAY



FORGIVE A LITTLE

How might forgiveness help you live with greater ease?



12

Being able to forgive is an ability that can have both health and relationship benefits. But it may not come easily. How useful would it be for you to forgive yourself and others more freely and easily? What impact would that have on your life?

THURSDAY



THE MOST IMPORTANT DAY OF YOUR LIFE

How might you appreciate each day as precious and significant?



13

It's exciting to look forward to special days coming up, but it's also interesting to notice we overlook the value of an ordinary day like today, when we're spending our time anticipating the future rather than being present in the now.

FRIDAY



STRIKE A BALANCE

How might better work/life balance support your well-being?



14

We're often caught in the dilemma of where to place our attention (such as work vs family) and this can lead to feeling guilty no matter our choice. Learning to Strike A Balance can help us move forward, with less guilt, in the direction we want to go.

SATURDAY



WORDS MATTER

How might better work/life balance support your well-being?



15

Do you believe that the words we speak and that are spoken to us make an impact in our lives? Tune in to the Mindful Daily and learn how mindfulness can help you better connect to the power of your words!

SUNDAY



PASS THE PEACE, PLEASE

How could you break the cycle of overloading yourself and your life?



16

Do you have a tendency to put too much on your plate? There are many reasons we overfill our lives, leaving little space for peace. Mindfulness helps us take better notice when we've over-filled our lives and how we can create the inner conditions for peace.

MONDAY



TELL ME WHEN!

How do you know when you're doing enough?



17

It may feel like all we do isn't enough for ourselves or others, but that may be because we don't ask ourselves "How would we know if it were enough?" What would shift for you if you brought this question into your life?

JUNE 18-24

WEEKLY CALENDAR

THEME WEEK: MINDFUL PARENTING

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ALL IN THE FAMILY

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18

One fun way to bring mindfulness into your life, and your children's, is by adding a practice to a routine you already have! When you include your children, you're helping you and your offspring develop a positive lifelong habit that supports well-being.

WEDNESDAY



POWER IN PRESENCE

How might your presence be the best gift you can give your kids? 

19

It's natural to want our children to have everything they need to live a happy life. But what kids need most from their parents is their undivided, kind attention. Being fully present with children helps them feel loved & appreciated for who they are.

THURSDAY



SAY IT LIKE YOU MEAN IT

Does your body language match your words? 

20

Parenting is one of the most challenging responsibilities in life, and involves juggling many different priorities. Being so busy, we may forget the power of words, so how we say what we say may actually speak more than the words themselves.

FRIDAY



HAVE AT IT!

How might "letting your kids have what's theirs" help them develop good habits? 

21

When we create space for kids to experience what's natural for them, they learn it's okay to be who they are. With growing self-awareness and acceptance, they're on their way to learning to handle their emotions more effectively.

SATURDAY



GET IN CONTROL

How could managing your frustration help your kids manage theirs? 

22

Conscious of it or not, kids pick up messages about what's right, wrong, etc, just from our reactions. When we manage our frustrations in a productive way, we instill the seeds for positive habits in our children, teaching them to better manage life's frustrations.

SUNDAY



BE YOUR OWN YOU

How might being mindful of expectations help you fully appreciate your unique children? 

23

As parents, we may expect our children to be like us, but this isn't always the case. Becoming aware of our internal reactions to similarities and differences, and the expectations we have for our kids, we help them discover what makes their heart sing and accept themselves for who they are.

MONDAY



PATIENCE, PLEASE

How might more patience ease those challenging family moments? 

24

When our buttons are pushed by our children, we can get emotionally hijacked and end up responding in ways we may later regret. Our mindfulness practice teaches us patience, helping us manage those challenging situations in a better way.

*eM Life week starts on Tuesday

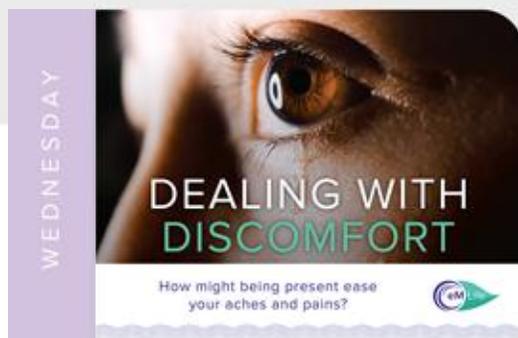
JUNE 25-30

WEEKLY CALENDAR



25

Acts of kindness make us feel appreciated. And more importantly, in a world that trains us to focus on what's "not yet perfect" with ourselves and others, they're reminders that we're worthy of kindness, and so is the giver.



26

Can you relate to being distracted by something that is all-consuming, like pain, making it difficult to focus on what else is happening at the moment? Learn how to Deal With Discomfort at today's Mindful Daily!



27

Do you find yourself replaying a situation long after it's over? This is a common experience that's related to resisting change, but generally replaying these scenarios isn't proactive problem solving. Learn to let go of the past to better enjoy the present!



28

When's the last time you knew better but did it anyway? There are many reasons we may override what's best. Mindfulness can help us learn to take time to pause and connect to the present moment and what we truly want and need for ourselves.



29

Do you shut down when things seem too complicated? Because of this attitude, we may actually be making things more complicated! At the Mindful Daily, we'll be working with the habit of overcomplicating, and what we can do to simplify our lives.



30

Is there something you are avoiding facing and dealing with? Sometimes it can feel scary to face things head on, but at today's Mindful Daily, we will learn tips for Taking The Bull By The Horns!



MANAGING LIFE TRANSITIONS MINDFULLY

By eM Life Instructor Kelly Barron

Some months ago, I ran into a neighbor while on a walk and we stopped to chat. I asked about her daughter who would soon be off to college, noting what an exciting time it must be for her. Then, moments later, my dear neighbor started to cry. Through unexpected tears, she told me just how much she was going to miss her beloved daughter.

The truth of change is never more forceful than during life's inevitable transitions. Whether they are welcome or not, transitions hurl us into an uncertain future often while we're still longing for the security of the past.

Some of life's major changes happen with metronomic predictability. Here are just a few examples:

- Leaving for college
- Landing our first job
- Getting married
- Having children

Of course, life can be wildly unpredictable and some changes are as unwanted as food poisoning. We lose our job, a loved one passes away or we become ill. Life transitions can also arrive like the tide, slowly creeping up on us, until one day we realize that our career or our marriage no longer fulfills us. We need to make a bold change.

Typical Feelings During a Major Life Transition

All of it brings a level of uncertainty that's roiling with a gamut of uncomfortable feelings, thoughts and physical sensations. Even if a change is expected and welcome, we can be beset with anxiety, self-doubt and fear. I experienced all of these things - as have plenty of other women I assume - when navigating pregnancy, birth and eventual motherhood. My daughter just turned 16. But I remember the transition to motherhood as if, as they say, it was yesterday.

That's the thing about transitions. They're landmarks in our lives and as such we deserve to be present for them, to experience them fully and to become wiser for

having weathered them.

How to be Mindful in the Midst of Life Transitions

Being mindful in the midst of life's transitions can help us move through them with a more clarity, insight and even kindness. While we think of mindfulness as the practice of paying attention to the present moment with nonjudgmental awareness, it's also a worldview replete with attitudes that can help us shoulder life's vicissitudes. One hallmark of mindfulness that's particularly helpful during the uncertainty of change is curiosity.

Eat, Pray, Love author Elizabeth Gilbert described curiosity as a gentle, forgiving friend who taps you on the shoulder lightly and invites you to turn your head a quarter of an inch to look at something more closely.

Why it's Important to Address what we Feel During These Major Changes

Why would we want to look more closely at one of life's thorny transitions? Because while we can't make queasy feelings about change go away, we can work with them - not only so that they become less painful, but also so that we can learn and grow from them. Rather than become subsumed or immobilized by the fear of change, curiosity encourages us to stay open to the feelings, thoughts and sensations that arise in any given moment and allow understanding to unfold.

Through the lens of curiosity, feelings such as anxiety or fear can become, if not pleasant, workable. We can, for example, become curious how it feels in our body when fear arises. We can notice the thoughts, storylines and images that accompany it. We can observe how the phenomena of fear moves through us and - like everything else in life - eventually changes.

None of this will make the discomfort of change go away. Mindfulness is not a magic wand. But if we bring our full, loving attention to the moments our discomfort arises, we'll discover that our fear, or whatever else we might be feeling, isn't monolithic. Depending upon the circumstances, we might begin to think that something

good can come from an unwanted change or at the very least that we can handle it.

Lately, I find myself thinking self-referentially about my neighbor. I wonder how I'll feel when the predictable transition of my own daughter leaving home for college arrives. By relying on the friend of curiosity, we might also learn where the next stone on the path of change will lead us.

That's another thing about transitions. While they force us to let go of the familiar, they often compel us to create something entirely and, hopefully, wonderfully new in our lives.

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.





The Digital BFF: How Social Media is Changing Friendships

By eM Life Instructor Kelly Barron

Recently, a story about basketball star Charles Barkley's unlikely friendship with a cat litter scientist in Iowa went viral. Barkley met the late Lin Wang in the bar of a Sacramento hotel where he was giving a speech. The two struck up a conversation that lasted for hours. Then, they had dinner together and talked for hours more. Over the years, the friendship deepened as Barkley and Lin spent more time together. When Barkley's mother died, Lin attended the funeral. And when Lin died, Barkley was on hand to give a eulogy.

"I'm so blessed to have known him," Barkley said at Lin's funeral.

It's certainly surprising that a famous basketball star would befriend someone so far out of the limelight like Lin. That's one of the reasons why their odd-duck union captivated millions. But more than that, Barkley and Lin's story was about friendship – real, authentic, heartfelt friendship – built on time spent in conversation and sharing experiences together

In the age of social media, full of well connected, but not necessarily intimate virtual friendships, Barkley and Lin's relationship seems special, if not rare.

Is Social Media Ruining Our Friendships?

It's hard to know if social media is ruining our "real" friendships. We do know that loneliness has become an epidemic in the digital age. We also know that social media affects our relationships and it's not always for the better, resulting in FOMO, a colloquial acronym meaning "Fear of Missing Out."

A UCLA study, for example, showed that children's social skills might be declining as they spend more time on devices and less time interacting with others face-to-face. The study showed that these effects apparently subside once kids lay off their devices for five days or more.

But another review of 72 studies by University of Michigan researchers found that empathy among college students has decreased 40% over the past 30 years, with the most dramatic changes occurring in the past decade when cell phones became omnipresent. Cell phones also have become an integral part of our

in person get-togethers. Nearly 90% of cell phone owners say they use their devices during social gatherings, according to the Pew Research Center.

Interestingly, most of us say that using cell phones when we're together hurts the quality of our relationships. As anyone who has ever had a friend scroll through their Facebook feed or sent a text during dinner can attest.

"Our little devices are so psychologically powerful that they don't just change what we do, they change who we are," says Sherry Turkle, a sociologist and MIT professor, in her TED talk: "Alone, but Connected."

Turkle has spent 30 years studying how technology is transforming our relationships. More recently, she's noted the worrisome trend of how technology is making us forget what's important in life – namely intimate conversations and time spent together.

"Face-to-face conversation is one of the most humanizing and human things we do," Turkle has said.

The more time we spend texting, emailing or Instagramming the less time we have to converse in person with friends. But one of the more subtle effects of social media might be that it distorts our expectations of how long it takes for intimate friendships to evolve. Social media instantly connects us to others, but lasting, reliable friendships take time to create.

How Long Does it Take to Build a Close Friendship?

I'm reminded of a passage from the children's book, "The Little Prince," where the prince tells the fox that he is looking for friends. The fox responds that to be a friend the prince will first have to tame him and create "ties" with him. Doing so is an act that's often neglected and one that takes time says the fox.

This is true for human relationships as well. Close friendships, like a sapling, need nurturing.

If you need convincing, consider intriguing research published in the Journal of Social and Personal Relationships last year that shows you need to spend

50 hours with someone to create a casual friendship; 90 hours with someone to become "real" friends and 200 hours to become close friends.

Metrics like that will likely appeal to digital natives. But it might be more meaningful just to be more mindful of how much time you spend on social media connecting with digital BFFs versus how much time you spend doing things face-to-face with others. Apparently, we don't do enough of this anyway, spending just 41 minutes a day socializing, according to the Jeffrey Hall, the University of Kansas professor behind the how long it takes to be friends research.

Either way, there's always room for experimentation. Try spending more time in the real world doing real things with real friends and notice how you feel. However you feel in the moment, it's likely that you won't regret devoting time cultivating friendships that have intimacy and staying power.

A now famous study from Harvard that's tracked the lives of more than 200 men over the past 80 years concluded that one of the most important keys to longevity and happiness is loving relationships.

After all, a digital BFF is a poor substitute for a face-to-face friend when you need a shoulder to cry on or even a hug.

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.



JUNE

MINDFULNESS

ARTICLES



These articles from other publications support our monthly mindfulness topic –
MINDFUL PARENTING

MINDFULNESS + PARENTING

Quick Read (5 min)

How Mindful Parenting Differs from Just Being Mindful

[CLICK TO READ](#)

Quick Read (6 min)

How To Become a Mindful Parent

[CLICK TO READ](#)

Longer Read (7 min)

Mindful Parenting

[CLICK TO READ](#)

TIPS FOR MINDFUL PARENTING

Quick Read (4 min)

5 Mindful Tips for Parenting Conundrums

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Quick Read (8 min)

Mindful Parenting, Made Simple

[CLICK TO READ](#)

Longer Read (9 min)

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

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MINDFULNESS + KIDS

Quick Read (5 min)

To Raise Resilient Kids, Be a Resilient Parent

[CLICK TO READ](#)

Quick Read (5 min)

How to Stop Thinking Your Teen is 'Pushing Your Buttons'

[CLICK TO READ](#)

Quick Read (5 min)

Raising Children & Resilience Through Lessons in Parenthood

[CLICK TO READ](#)



RESILIENCE

Getting to Know Your Mind Traps



REGISTRATION INFORMATION

Dates and Times:

June 12th 1:00 pm EST

June 20th 3:00 pm EST

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

Stressful moods and the thoughts that come with them hold us back from relating to experiences differently. In this program, we're beginning to gain awareness of the "tape in the mind" or certain common habitual styles of thinking that keep us stuck, otherwise known as Mind Traps.

COMING IN JULY

Resilience

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

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



MINDFUL EATING

Freedom From Emotional Eating



REGISTRATION INFORMATION

Date and Time:

June 14th 1:00 pm EST

June 24th 12:00 pm EST

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

Many of us recognize that our eating is influenced by our day to day emotions, and this kind of coping can mean our emotional needs go unmet. With practice and mindful awareness, we can become more tuned into our emotions, see their value, and create healthier emotional responses. Mindfulness skills can help, including learning to identify and “be with” emotions, noticing our automatic pilot reactions, and learning adaptive responses to our emotions.

COMING IN JULY

Mindful Eating

Can Kindness

Make Me Thinner?

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](#)





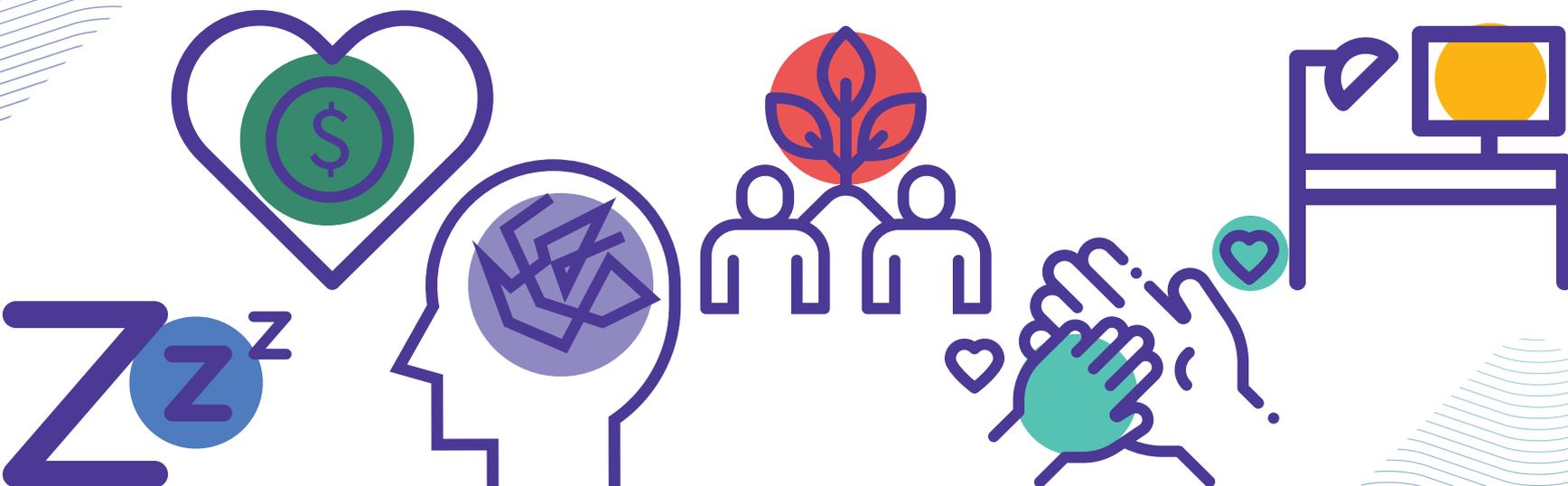
THE MINDFUL DAILY

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?

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.

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.

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.



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.

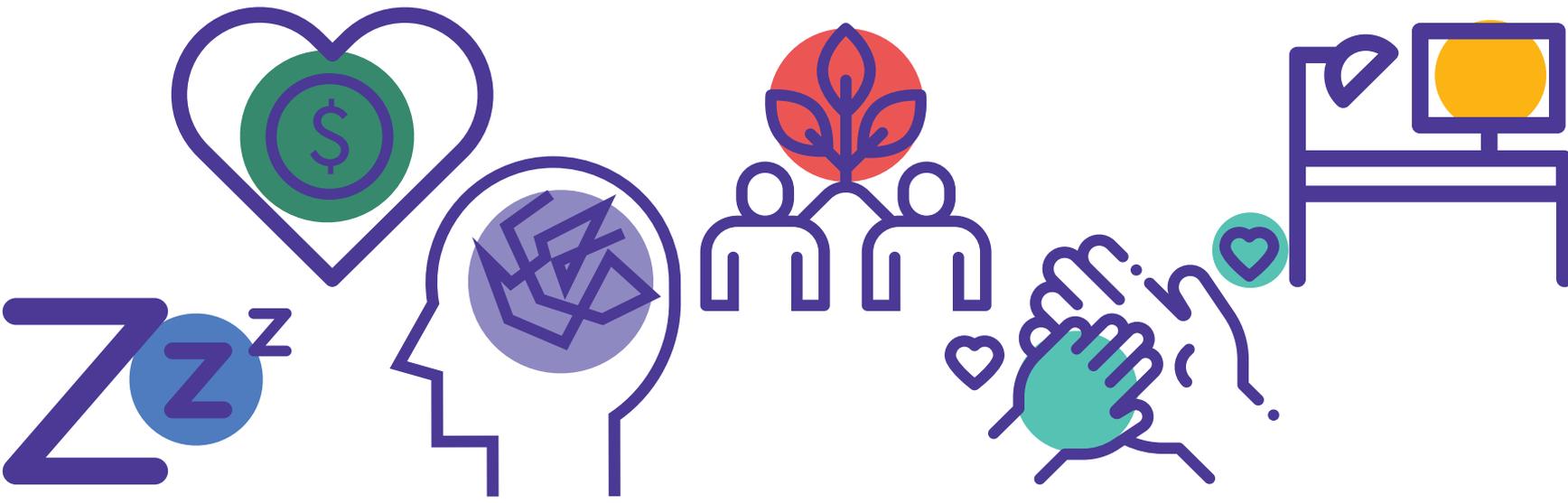
- Pause the doing and unbusy your mind by tuning into your body. Notice your energy, temperature, restlessness or stillness...
- Purpose is often experienced as a deeper level of knowing, or wisdom that can more easily be connected to as you settle the mind and body. Continue to rest your awareness in 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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