



AUGUST 2019

CARE PACKAGE



Discover the vibe of life



CARE PACKAGE CONTENTS

WEEKLY CALENDAR

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

[CLICK TO VIEW](#)

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.

[CLICK TO VIEW](#)

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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AUGUST 1-5

WEEKLY CALENDAR

THURSDAY

WHY BOTHER?

How do you accept when your best efforts don't result in success?



01

Sometimes it feels like no matter how much effort we put in, it just doesn't feel like enough. Are you able to acknowledge your best efforts, even when you don't reach your desired outcome?

FRIDAY

PERCEPTION PREDICAMENT

How could mindfulness help you see more clearly?



02

Once we've created a perception of who we are & the world is, it can be challenging to integrate information that is contradictory. Mindfulness helps us recognize the importance of being fully present to life, with no judgement, & open to new possibilities.

SATURDAY

WATCHING THE CLOCK TICK?

What helps you make peace when you can't sleep?



03

We're not always rewarded for getting into bed early with a great night of sleep, & we may get anxious when falling asleep doesn't work. When we have these feelings, we can offer ourselves compassion to help us feel calmer & fall asleep faster.

SUNDAY

THE UNREMARKABLY NOTEWORTHY MOMENTS

What helps you appreciate the value of every moment in your day?



04

You can learn a lot by taking a few moments in the day to check in how your day has been. One thing that may become apparent is that much of our day is neutral. What can help you better notice and appreciate The Unremarkably Noteworthy Moments of your day?

MONDAY

THE CALM IN THE STORM

How could a clear mind help you weather the storms?



05

Have you had a days that was going your way and then "WHAMO" something goes horribly wrong? We may make these situations worse by engaging in negative self-talk. How could mindfulness help clear your mind to better weather unexpected storms?

*eM Life week starts on Tuesday

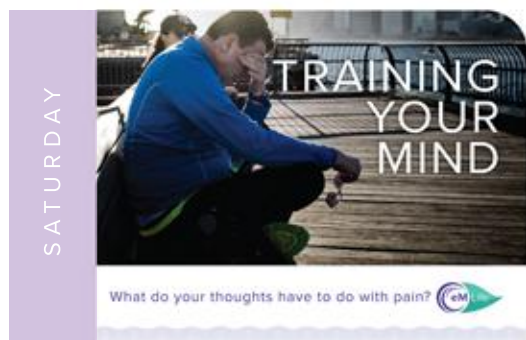
AUGUST 6-12

WEEKLY CALENDAR



07

In our desire to be productive, we sometimes cut out the very things that support those outcomes, such as sleep. Our bodies actually thrive on being well-rested. How do you think taking a break can help you better chase your dreams?



10

Though we feel pain in our body, it's actually perceived in the brain, meaning our minds can be powerful allies for managing the pain we feel. We can learn to notice our thought patterns and how to not buy into them.



08

We're constantly making decisions. Some estimates suggest we make up to 35,000/day. With that, we can't be certain every decision has a desired result. How does uncertainty of your choices influence your decision making process?



11

How do you talk to yourself in moments when your best intentions totally flop? It can be easy to turn to 'why me' thinking, but this isn't productive. Learn how mindfulness can help you manage When Good Intentions Fail at the Mindful Daily!



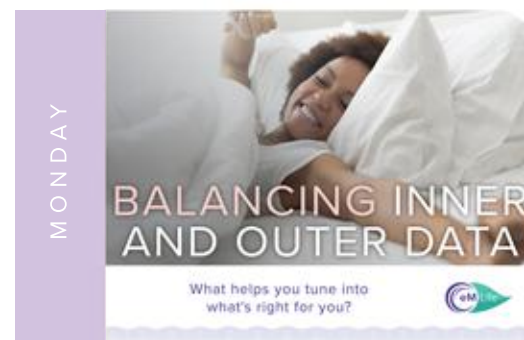
06

It can be fairly normal to judge another person's perspectives, but what could shift in your life if you were better able to hold another perspective while still being able to stay connected to what is true for you?



09

Do you ever find you're trying to please others at your own expense? When others' needs compete with your own, you may find yourself depleted. By tuning in, we can better understand why we people please, and what to do to mindfully reclaim our life.



12

How do you know when you've gotten enough sleep? One way to figure this out is by balancing the outer data of how much sleep we should get, and the inner data of how much sleep our body needs. Learn more about Balancing Inner And Outer Data at the Mindful Daily!

*eM Life week starts on Tuesday

AUGUST 13-19

WEEKLY CALENDAR



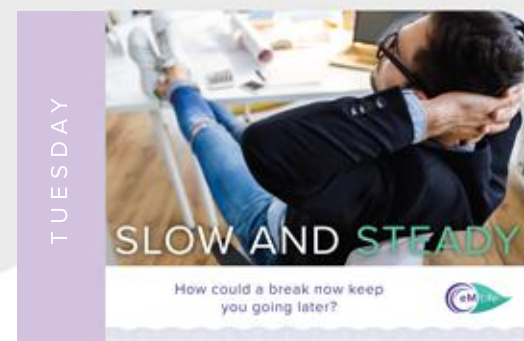
14

The meaning we attach to when we do something that doesn't work out how we want is important. It may be more important than the "mistake" itself, if our reaction is negative. What would shift if you gave yourself freedom to make mistakes?



15

Have you heard the phrase, "no pain, no gain"? We can easily feel discouraged when we have expectations that things should feel easier but actually aren't. How could mindfulness help you stretch and recover for optimal growth?



13

When we push too hard without breaks, we can feel burned out. It can happen on a larger scale, leading you to need a longer recovery break from things that are overwhelming. How do you think a break now could keep you going later?



16

If the way you're living day to day isn't sustainable for the long-term, are you simply resisting taking the inevitable action to change the situation? If so, it might be time to develop your strategy to move toward a more clear and sustainable way of being.



17

When we get caught up in our anticipation of what life will be like in the future, we may push ourselves so hard and fill our days so much that we don't create time and space to enjoy our life now. What helps you balance ambition and enjoy life?



18

Have you ever felt like you were a bit possessed with intense emotions? Sometimes we don't notice these emotions until it's too late. We may even start to overreact to less intense emotional states. How could mindfulness help you dial back the intensity?



19

Radical acts of generosity are good for others and ourselves, but there may be reasons we don't engage in them more often. Our mindfulness practice is actually an act of generosity to ourselves. What would shift in your life if you incorporated more radical generosity?

*eM Life week starts on Tuesday

AUGUST 20-26

WEEKLY CALENDAR

THEME WEEK: HAPPINESS IN THE WORKPLACE

TUESDAY



ONE THING AT A TIME

How might focusing on one thing at a time increase your happiness?

20

There are probably many tasks throughout the day that you do while multi-tasking. But this isn't the most productive way of getting things done. How might you shift your mindset to be more present - and to bring more joy - to this activity?

WEDNESDAY



FORGET ABOUT IT!

Is ruminating eroding your happiness?

21

Rumination is the tendency of the mind to dwell on the negative - a pattern that detracts from happiness. Ruminating 'fuels' negative emotions. What might change if you shifted your focus from ruminating to a more present and positive thought?

THURSDAY



FINDING HAPPINESS AT WORK

How could you create a happier and more heart-centered workplace?

22

By building a culture of kindness and appreciation at work, we create a sense of community, which helps us feel connected to the value of the work we're doing. How could mindfulness help cultivate a happier and more heart-centered workplace?

FRIDAY



IT'S TIME FOR TEA!

Want to be highly effective and happier?

23

When are you at your best? We live in a world of distraction that makes it hard to focus and find our flow. By bringing greater awareness to optimizing our Time, Energy and Attention, we can accomplish more and support work-life balance and overall well-being.

SATURDAY




DON'T POSTPONE IT

How could mindfulness help you break the procrastination habit?

24

We all tend to procrastinate but chronic procrastination affects not only productivity, it also leads to stress, unhealthy behaviors, and even depression and anxiety. How could mindfulness help you break the procrastination habit?

SUNDAY



RENEWAL REMINDER

What helps you thrive?

25

Renewal practices calm the mind and body by activating the parasympathetic nervous system. Consider how you can support your thriving by bringing moments of renewal into every day- what are some ways you could do this?

MONDAY



CULTIVATING CREATIVITY

Can tapping into creativity boost your happiness?

26

Creativity has been shown to increase positive emotions and decrease negative ones. Also when we're creative, we're more present. How might you explore creativity to support your well-being?

*eM Life week starts on Tuesday

AUGUST 27-31

WEEKLY CALENDAR



27

Depending on how we perceive difficult experiences, we may remember them as dangerous and to avoid at all costs. Mindfulness teaches us to tune in to see if we're predicting future problems based on past events.



28

Even when you've planned and set reasonable expectations for your day, the feeling of being time pressured can still creep in. Where do you notice this in your own life? How could mindfulness help you let go of feeling like there's never enough time?



29

Everyone has insecurities, but just because you have an insecure thought does not mean that the thought is true. How could mindfulness help you battle insecurities?



30

Life is full of transitions and we're continually evolving. By having a practice of regularly checking in with yourself, you can notice the shifts of what "feels right - right now" for you, so you can make life transitions as they fit in your life.



31

When we say bye to a phase of life, we can get caught up in sadness, but it's part of our brain's hard-wiring to focus on negatives and overlook positives. What could shift if you could be more grateful for the changes that are a part of life?



7 Ways to be Happier Starting Today

By eM Life Instructor Ninette Hupp

Ever wish you were happier? Happiness is supposed to be fun and come naturally, right? Sometimes it can feel like an overwhelming project that we don't know where to begin or a complicated puzzle that we need to solve.

So what makes people happy? Ideas like winning the lottery or an all-expense paid month-long vacation may come to mind. At times we have probably told ourselves we will have a happier life after graduating, moving to a new place, getting a new job, or losing weight. And sometimes that is true to a degree for a while. Still, we can find ourselves wondering if there is a secret recipe for happiness that someone forgot to share with us.

Interestingly, research shows that the habits of happy people aren't a secret. They include simple ingredients we already know sprinkled in one at a time on a daily basis. Fortunately, these ingredients are plentiful so there is more than enough for everyone. Below, you'll find seven ways to be happy that you can begin today!

1. Enjoy a Restful Night's Sleep

Anyone feel more pleasant after restful sleep? Of course! The well-rested brain is a happier, more resilient brain.

A 2018 study in *Frontiers of Psychology* finds that sleep quality and life satisfaction impact each other; quality sleep may increase how satisfied we feel with our lives and how satisfied we feel about our lives can increase the quality of sleep we enjoy.

- Pick a day to treat yourself to 7-9 hours of sleep.

2. Laugh Often

What makes you laugh? Is it a friend, your own quirkiness, children, late-night comedians, YouTube videos?

Seems kind of silly to ask but why is laughter so effective in increasing our happiness?

One reason is that it releases endorphins in the brain that feel good. Not only that, it's a great way to connect with others because so often it is contagious. Ever notice how when someone else is laughing you start laughing? When you find a funny video, you want to share it with others.)

- Test out the impact of adding 5 funny moments at

various points to your day.

3. Give Random Acts of Kindness

Ever noticed how wonderful it feels when someone does something unexpected for you? Notice what happens when someone holds the door, invites you to go ahead of them in the checkout line, or helps you pick up something you've dropped.

In a college course I teach, we do RAK like putting change in people's parking meters that are running low, giving away balloons and leaving signs around campus that say things like, "You are amazing!" It's fun, raises spirits and leaves all of us realizing how many times a day we could do these little things to raise everyone's happiness quotient.

- Engage in 5 random acts of kindness (RAK) today, including one that is a secret.

4. Reconnect with Nature

In 'The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative', the author discusses the "nature deficit disorder". My guess is that most of us have experienced this from time to time when we spend a great deal of time indoors or in an urban setting. Research shows that seeing the green or blue of nature, hearing birds, feeling the sunshine and mindfully experiencing other wonders of nature result in positive emotions that promote our well-being.

- Take 15 minutes today to enjoy the restorative power of nature.

5. Exercise to Boost Energy and Mood

We've all heard of the runner's high and some of us may have even experienced it. It is real! No problem if you're not a runner. How about the feeling after a walk, a yoga class, a swim, or a little basketball?

According to the Mayo Clinic, exercise improves your mood, provides a boost of energy, promotes better sleep and can improve your sex life.

- For 20 minutes today engage in some sort of physical activity and notice what happens.

6. Share Smiles

Notice what happens when you soften the muscles of your face into a grin. How about when you smile at someone and they smile back? Smiling and laughter can be contagious!

- Purposefully smile at yourself when looking in the mirror today, why not? And smile at 5 other things today, whether it's the sunshine, an adorable child or animal or maybe someone who looks like they could use a little lift.

7. Note and Share

Research shows that feeling gratitude increases happiness and that sharing the gratitude increases it even more.

- Note on your phone or a piece of paper 10 things you appreciate today. It could be things like a friend, family member, pet, the sun shining, the birds chirping, a nice breeze, a bill which is lower than you expected and everything you did this week to cultivate happiness in your life.

As we develop our mindfulness practice, we begin to appreciate the value of awareness. There is an incredible richness to paying attention to what nourishes our happiness. The more mindful attention we give to these happiness boosts, the more powerful and habitual they become. It's up to us notice what other activities (doodling, listening to music, being silly and playful) make our lives happier and to be creative about how we can sprinkle them into our days. In fact, adding more happiness into our own lives can provide more happiness for others.

About the Author

Ninette (LSW, LMSW) has over 10 years of training in Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT) and other mind/body interventions for high-stress environments, nervous system regulation and behavioral development. Over the past eight years, she has shared stress management tools and mindfulness-based interventions in a variety of roles and contexts. She brings a passion for making a difference and a playful, compassionate spirit to her work.





WHY TAKING CARE OF YOUR MIND MATTERS

By eM Life Instructor Mike Engle

If you knew that every thought you had would change your brain, would you be more careful about what you think? Well, research is showing us just that. Maybe each thought doesn't make a huge change, but they add up.

It's like a new river that's being formed: at the beginning there's just a small stream of water creeping over dry land, but over time the groove of the flowing water gets more pronounced, and as long as the water keeps coming (and depending on how much comes), you end up with a raging river. The same happens with our minds. Everything we do with our minds is affecting our emotional health.

Mental Health- How Stress Affects Neuroplasticity

Our brains are constantly developing throughout our lives, and the way we think and how we work with our minds (as well as our experiences, our emotions, our physical activity, and other factors) determine what shape our brains take. This is what neuroscientists call neuroplasticity.

For instance, if you start a new hobby like learning to play the piano, at first the brain doesn't have the networks developed for doing it well. That's one reason why we feel so clumsy at first. But through repetition, slowly the brain reorganizes and establishes the neural pathways we use while playing the piano. Over time, those pathways are strengthened to the point where playing becomes second nature to us.

Neuroplasticity is neutral and always happening, for good habits that we create, but also for the bad ones. Most of the time our brains are forming without us consciously steering how they develop. We often react to our situation based on habits we learned in childhood from our families, friends, schools, TV, or whatever other childhood influences we had. And these habitual ways of reacting can be detrimental to our own well-being, both mentally and physically.

Take stress for example. A stress response is a natural part of being human, and we need it to survive. But how many of us get caught in our habitual way of relating to stress and perpetuate that cycle? What do you do when you get stressed out? Do you start getting snappy? Do you get anxious?

The way we think about stressors and regulate our emotions plays a huge role in whether or not we're trapped in our habitual stress responses. Most of us perpetuate our cycle and find ourselves being stressed out all the time. This is becoming more and more prevalent these days with the constant demands of work and family.

And being stressed out all the time means we're constantly invoking a stress response in our bodies (elevated heart rate, changes in digestive functioning, to name a few) which over time can cause us physical illness. This is just one way that the functioning of our mind influences our physical well being.

Mindfulness is Key to Creating Healthy Mental Habits

Imagine a boat in the middle of the ocean being buffeted around by the waves and the wind. It's strongly influenced by environment with little control over itself. This is how we normally are: buffeted around by our thoughts and emotions, reacting constantly to our external environment based on habit.

Mindfulness is like giving the boat a rudder to steer itself. Suddenly, the boat isn't so helpless. It begins to choose where it wants to go. Sure, the wind and the waves are still there, and they certainly influence the boat, but the boat now has a say in the matter.

When we start to be aware of our minds and begin training them, we are taking control over how our brains develop. The more we create positive mental states (like appreciation, kindness, and compassion) and react with healthy forms of emotional regulation, the more we'll develop those networks in our brain that support our own well being.

There's even research that shows mindfulness can help to reduce depression relapse (specifically Mindfulness Based Cognitive Therapy). It's clear that mindfulness helps us develop emotional well being, although the research is still just beginning to find out exactly how. This is the first step we can take to forming our brain in a healthy way: becoming aware of what we're thinking and how we're reacting and choosing a way that is beneficial for us, not just following the same old patterns.

Make a Change for your Emotional Health

Have you noticed your own emotional health suffering because of old habits? Instead of continuing the same old struggle to improve your external conditions, maybe it's time to work with your internal world to have greater well being.

About the Author

Mike has been passionate about training his mind since he was first exposed to mindfulness at the age of 16. Since then, his desire to understand and work with his mind has led him to earn degrees in Psychology and Philosophy, to research attention training in monastic education in Nepal, and to sit four and a half years in intensive solitary retreat. After finishing his retreat Mike began to teach mindfulness to others, and after starting his own family he became interested in bringing the benefits of mindfulness to parents, children, and families. He currently lives in Barcelona with his wife and sons where he spends his time teaching mindfulness, coaching, and working in the field of Tibetan translation. Mike has worked as an eM Life instructor since 2017.



AUGUST

MINDFULNESS

ARTICLES



These articles from other publications support our monthly mindfulness topic –
HAPPINESS IN THE WORKPLACE

MINDFULNESS + HAPPINESS AT WORK

Quick Read (3 min)

8 Surprising Secrets That'll Help You Be Happier at Work

[CLICK TO READ](#)

Quick Read (4 min)

Find Happiness by Embracing All of Your Emotions

[CLICK TO READ](#)

Longer Read (32 min)

The Key to a Mindful Work Life

[CLICK TO READ](#)

TIPS FOR HAPPINESS AT WORK

Medium Read (10 min)

The Four Keys to Happiness at Work

[CLICK TO READ](#)

Medium Read (13 min)

13 Ways You Can be Happier at Work

[CLICK TO READ](#)

Longer Read (25 min)

Happiness at Work: 10 Tips for How to be Happy at Work

[CLICK TO READ](#)



RESILIENCE

Bringing Calm and Focus to Overwhelming Situations



REGISTRATION INFORMATION

Date and Time:

August 13th 3:00 pm EDT

August 29th 1:00 pm EDT

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

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

COMING IN SEPTEMBER

Resilience

Breaking Free from Bad Habits

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



MINDFUL EATING

Shaking Off That Sedentary Lifestyle



REGISTRATION INFORMATION

Date and Time:

August 15th 1:00 pm EST

August 27th 12:00 pm EST

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

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

COMING IN SEPTEMBER

Mindful Eating

Understanding those Urges to Eat and Learning How to Work with Them

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

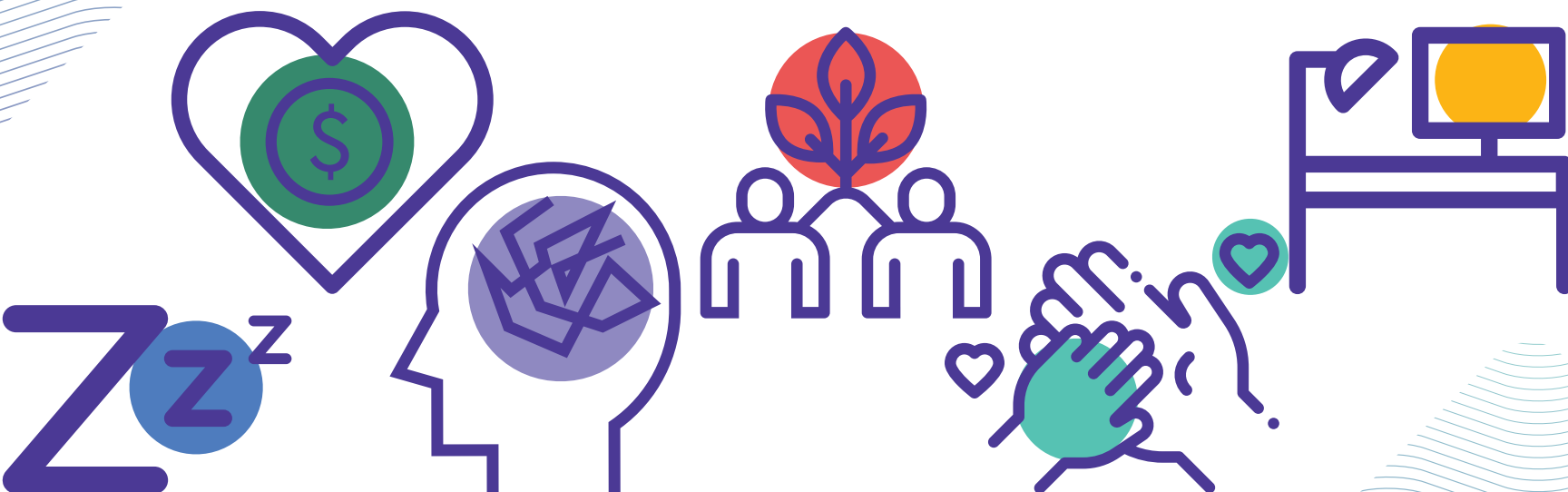


PRACTICE GUIDE | VOL 3

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

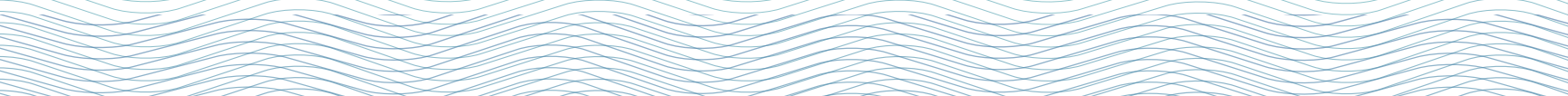
What does the other person need from you; to be heard, understood, feel like they matter?
What do you need?

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.



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.

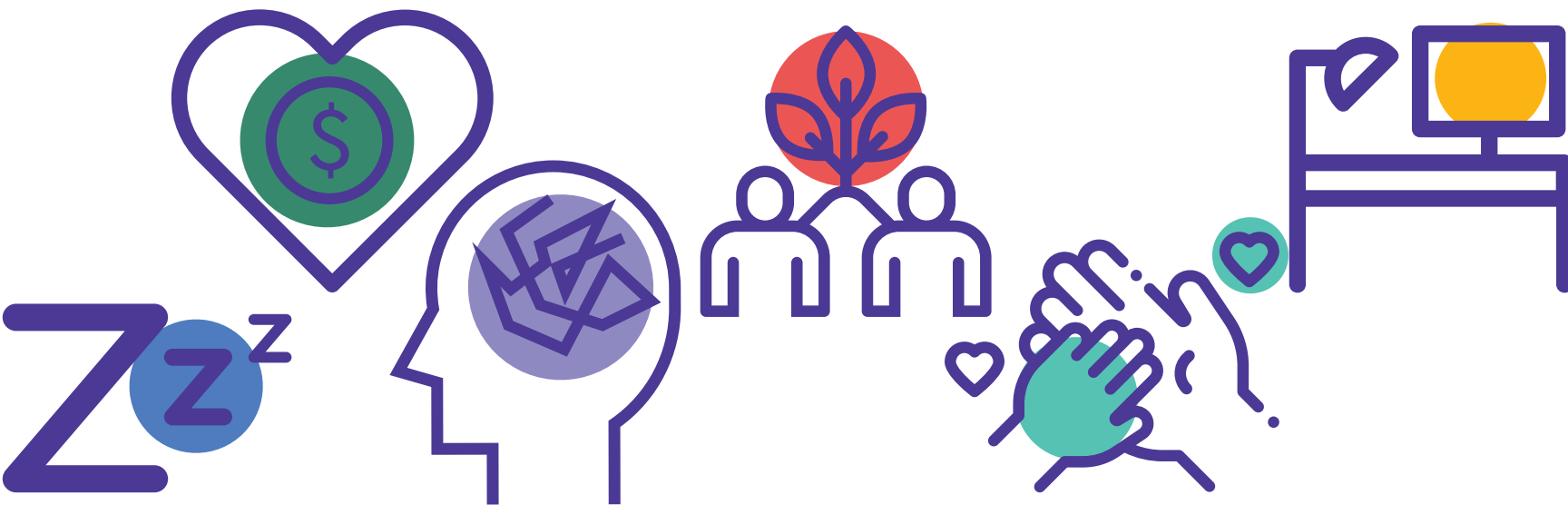
- Pause the doing and unbusy your mind by tuning into your body. Notice your energy, temperature, restlessness or stillness...
- Purpose is often experienced as a deeper level of knowing, or wisdom that can more easily be connected to as you settle the mind and body. Continue to rest your awareness in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