



NOVEMBER 2019

CARE PACKAGE



Discover the vibe of life



CARE PACKAGE CONTENTS

WEEKLY CALENDAR

View a week's worth of upcoming
Mindful Daily practices

[CLICK TO VIEW](#)

MONTHLY CLASSES

Flyers to be used to promote Applied Programs
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](#)

PRACTICE GUIDE

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

[CLICK TO VIEW](#)

NOVEMBER 1-7

WEEKLY CALENDAR

Friday



Speak Out

What gets in the way of saying what's on your mind?



01

Saturday



Loving Myself So I Can Love You

What helps you love yourself?



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Not So Common Courtesy

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Would Future Me Approve?

Are you moving in the direction of your goals?



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Tuesday



Proactive vs Reactive

What is your first reaction when you feel pain?



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Wednesday



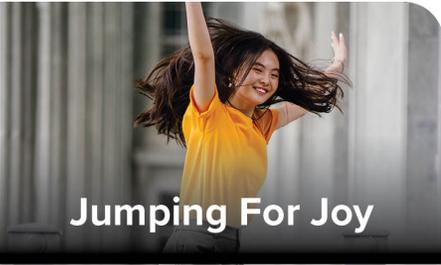
Managing A Mental SPAM Folder

How do you sort through everyday SPAM?



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Thursday



Jumping For Joy

What has brought you joy today?



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eM Life week starts on Tuesday

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WEEKLY CALENDAR

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Hunger and Fullness

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Monday



Clear The Clutter

Does more actually make you happier?



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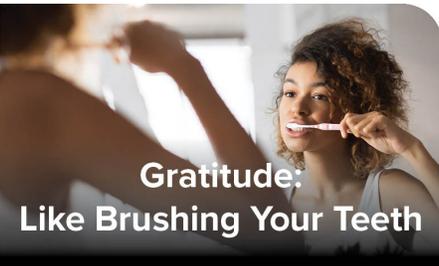
Be The Lighthouse

How do you shine your light in times of darkness?



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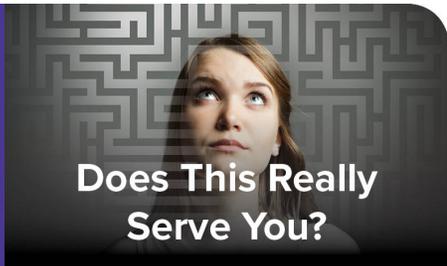
Gratitude: Like Brushing Your Teeth

How might you make gratitude a habit?



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Thursday



Does This Really Serve You?

What helps you manage life's inconveniences?



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eM Life week starts on Tuesday

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WEEKLY CALENDAR

Theme Week:

Asking for Help; Embracing Vulnerability

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How might allowing others to help and support you strengthen your relationships? 

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eM Life week starts on Tuesday

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WEEKLY CALENDAR

Theme Week:
Asking for Help; Embracing Vulnerability

Friday



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Is perfectionism a defense?



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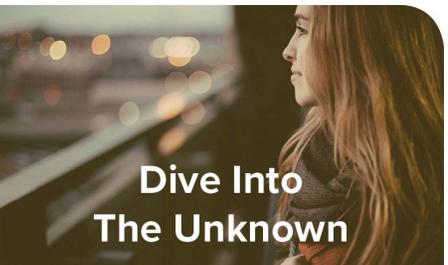
Depths Of Creativity

Vulnerability at the source of creativity



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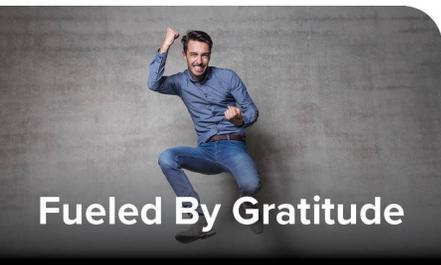
Dive Into The Unknown

How comfortable are you with uncertainty?



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Fueled By Gratitude

How does gratitude empower you?



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The Hunger Games

Do you know when eating for pleasure takes its toll?



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eM Life week starts on Tuesday

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WEEKLY CALENDAR

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eM Life week starts on Tuesday



The Mindful Man: How mindfulness can help you be the man you want to be

By eM Life teacher Mike Engles

What makes a man? Is it responsibility? Strength? Imagine the ideal man in your mind. Does the image of a warrior come to mind? Or perhaps a handsome father providing for his family? If you asked this question to someone today, you would get a different answer than if you asked 50 years ago.

Our cultural ideas of what a man is and how a man should act are always changing. As cultures continue to develop, the traditional roles and ideas of what makes a man are continually challenged and shed. How can mindfulness shape your perception of your own manhood?

It Can be Confusing to Know what it Means to be a Man

All this change makes it quite confusing to figure out how to be a man. Movies and television present one idea, your grandfather tells you something else, and your father tells you something completely different. Without thinking about it, we typically adopt some societal or familial beliefs about a man's role and then we identify with them.

Feeling tense? [Try 7 Days Of Relaxation Techniques](#), our new recorded content to learn how to positively influence the mind, body as well as methods of relaxation.

Maybe you believe that men aren't supposed to be emotional, so you hide your emotions. Or maybe you believe that men are supposed to be tough, so you act aggressively to show your strength. Regardless of where you get your ideas of how to be a man, it's important to see why you hold them and question whether that's what you really want or not.

Let Your Identity Change

Your identity will change throughout your life, even though you might desperately

try to keep it the same. The boy becomes an adolescent, and the adolescent becomes a man. Each of these stages requires different roles to be adopted. Later, if he chooses to start a family, the man becomes a father. This is an entirely new role for a man to take in society, and it requires skin to be shed and new responsibilities to be accepted.

If you don't allow some flexibility in these ideas of what makes a man, then you get stuck with an idea that is carried past its expiration date. If you cling to any idea of yourself, then when life changes you'll be stopping the natural process of growth that life is offering you.

Life is about growth and change, and there are always opportunities to shed skin and step into new roles. It's important to loosely hold your idea of what it means to be a man and open up to the possibility of manliness looking different according to the situation. Maybe being a man looks like a warrior fighting in battle; maybe it looks like a caregiver changing diapers and bottle feeding; maybe it looks like a confident businessman charming his way through a meeting.

If you are open to your identity changing and your actions looking different in different situations, you'll be able to move with the ebb and flow of life, and you'll ease into the different roles offered to you. This will not only make life easier for you but also for those around you.

Mindfulness Helps Us Grow Our Identity Over Time

Self awareness is essential for us to grow into our new roles and identities. When you're aware, then you can override the previous beliefs that you normally follow blindly. The more you can become aware, the more you'll be able to see why you act the way you do, and the more you'll be able to challenge any ideas that are trapping you in a fixed role.

Should I buy this pink shirt? No, men don't wear pink. But why not? In the end, it's a sense of self confidence that makes you strong, not just choosing the colors that fit into your ideas of manliness. And self-confidence arises naturally when you know why you're choosing to be a certain way and you make that choice consciously, not basing your identity on someone else's ideas.

What helps you face your difficult emotions?

[Find out by registering for an upcoming Mindful Daily.](#)

The Mindful Man: A New Definition

So, what does it mean to be a man? I'd suggest that having a mind that is honest, aware, flexible, and resilient makes you more of a man than any set idea or role. This is where our mindfulness practice brings such great benefits.

The more we practice, the more we're able to work with our beliefs and open up to change. We open ourselves to the flow of life and stop getting stuck in ideas that no longer serve us. Practicing mindfulness and training your awareness is the keystone to creating a flexible mind. And although it doesn't happen overnight, it's one of the best investments you'll ever make in your life.





RESILIENCE

Managing Activities To Prevent Burnout



Registration Information

Date and Time:

November 13th 1:00pm EDT

November 25th 2:00pm EDT

Enrollment is Limited.

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

When stressful moments or difficult times in life arise, there are things we can do to take care of ourselves. We can learn to pause, ground ourselves and then we are in a better position to make a good decision about our next step. In addition, it is important to remember that our lifestyles can either nourish or deplete us, and this affects how well we cope with the stress we encounter. We need to assess our current lifestyle in relation to diet, exercise and rest; these are all integral components of our well-being. Do our daily activities and habits nourish or deplete us? In this session, we will explore how to take care of ourselves in a way that optimizes our ability to manage stress. In this session, you'll need a separate word document open or a piece of paper and pen.

Coming in December:

Resilience

Dealing With Difficult People - Session 12

Please contact support at:

support@emindful.com

or call us at: **1-855-211-1536**

with any questions.



MINDFUL EATING

Holiday Eating



Registration Information

Date and Time:

November 15th 12:00pm EDT

November 26th 2:00pm EDT

Enrollment is Limited.

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

The holidays are a wonderful time of year, but can present a number of challenges that we do not face in to the same frequency and degree at other times of year. For many people it is several weeks and even months of tempting food and alcohol meal after meal. At the same time our willpower and strategies for resisting these foods often diminish.

Coming in December:

Resilience

Mindfulness Skills To Help Beat Holiday Eating
Stress - Session 2

Please contact support at:

support@emindful.com

or call us at: **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](#)





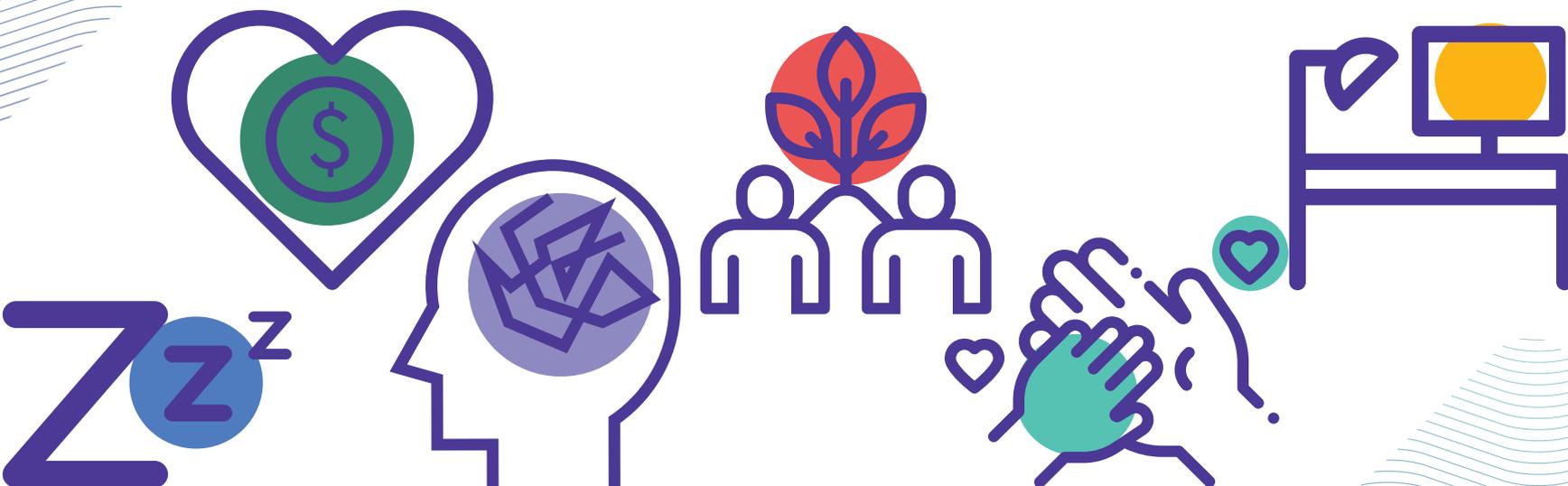
THE MINDFUL DAILY

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.

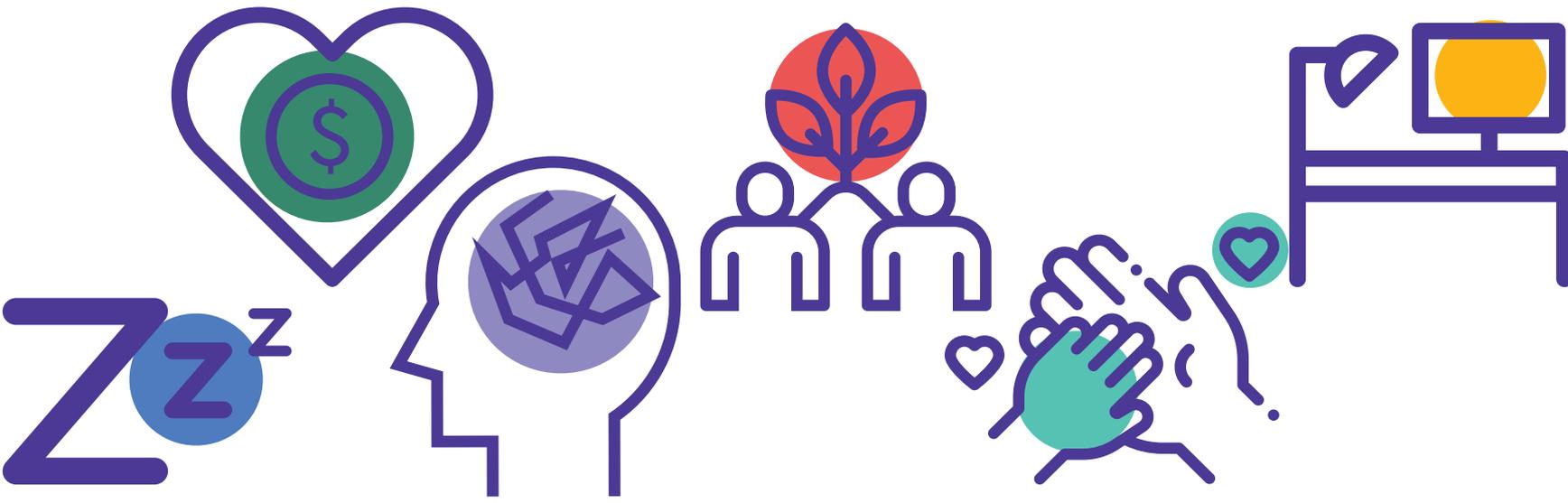
- Pause the doing and unbusy your mind by tuning into your body. Notice your energy, temperature, restlessness or stillness...
- Purpose is often experienced as a deeper level of knowing, or wisdom that can more easily be connected to as you settle the mind and body. Continue to rest your awareness in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