

OCTOBER 15-21

WEEKLY CALENDAR

THEME WEEK: **MANAGING PHYSICAL & EMOTIONAL PAIN**

TUESDAY



INVITE THOUGHTS OF RELIEF

Calm Abiding: Can focusing the mind help ease pain?



15

WEDNESDAY



MAKE SPACE FOR THE NOW

Acceptance: Relaxing into what is



16

THURSDAY



YOU'RE HERE AND YOU'RE OKAY

How does being in the moment help manage pain?



17

FRIDAY



FALL IN LOVE WITH YOURSELF

The art of self-care



18

SATURDAY



A LITTLE EFFORT FOR A LOT OF EASE

Can gratitude help ease emotional pain?



19

SUNDAY



FACING PAIN WITH COURAGE

Tuning into the body's wisdom: Being present with pain



20

MONDAY



DISCOVER HOW PAIN IS RELATIVE

How does self-talk affect the way we experience pain?



21

*eM Life week starts on Tuesday