


MARCH 1-7


WEEKLY CALENDAR

Sunday




Is This Coincidence?

A quick and easy fix isn't always realistic




01

Monday




Quit The Busy-ness

It's good to be bored




02

Tuesday



Show Up For Yourself

The benefits of nourishing your mind and body with love



03

Wednesday



Fantasizing In The Present

Avoiding daydreaming yourself out of the present moment




04

Thursday



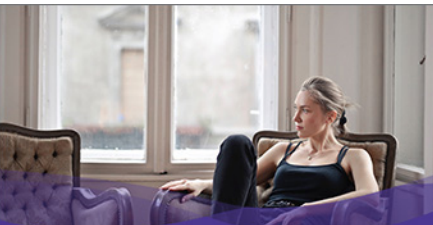
Adjust Your Focus

How to stop the moments from all blending together




05

Friday



Clean Slate

Forgiveness requires persistence



06

Saturday



Say Yes To The Best

Uncover your best with mindfulness




07

MARCH 8-14

WEEKLY CALENDAR

Sunday




Slow Things Down

What leads you to worry that a wonderful moment is going by too fast?




08

Monday




Stressful To Successful

Discover how to use stress to your advantage




09

Tuesday



Icing On The Cake

Are the nice to have's becoming an expectation?



10

Wednesday




Find Your True Voice

What does it mean to speak from your 'authentic voice'?




11

Thursday



Less Is More

Declutter your mind for greater focus



12

Friday



Lead Without Interruption

What do busy leaders need most?



13

Saturday



Breaking Burnout

Breaking the habit of being exhausted




14

MARCH 15-21

WEEKLY CALENDAR


Theme Week:
Sleep More Soundly

Sunday




Cloud 9

Mindfully balance dreaming big with taking action




15

Monday



One Step At A Time

Stop wasting time procrastinating



16

Tuesday




Catching Z's

Shh... Learning to quiet the mind




17

Wednesday




Making Other Plans

Counting blessings instead of sheep




18

Thursday




From Stressful To Restful

Shifting from stressful to restful




19

Friday



Shift Into Relaxation

Do you have a relaxing bedtime ritual?



20

Saturday



The Science Of Sleep

How can you evoke the relaxation response?




21

eM Life week starts on Tuesday

MARCH 22-28


WEEKLY CALENDAR

Sunday



Breathe And Release

Releasing tension in the body



22

Monday




The Art Of Counting Sheep

Mastering the art of falling asleep




23

Tuesday




Let's Talk About This

What's keeping you from seeing another's perspective?




24

Wednesday




Is The Grass Really Greener?

Where are you going?




25

Thursday




Moderation Is Key

How to rapidly recover when you've gone off track




26

Friday




Individual Impact

Do you know how much power you have?




27

Saturday



The Best Of You

Don't let 'you are not enough' thoughts run your life



28

MARCH 29-31

WEEKLY CALENDAR

Sunday



Live Your Life

Courageously taking on everything life has to offer



29

Monday



Inner Dialogue

Staying true to yourself in a sea of messages about who you should be



30

Tuesday



Uncover Inner Answers

Learning to live with the questions is essential to success



31



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](#)

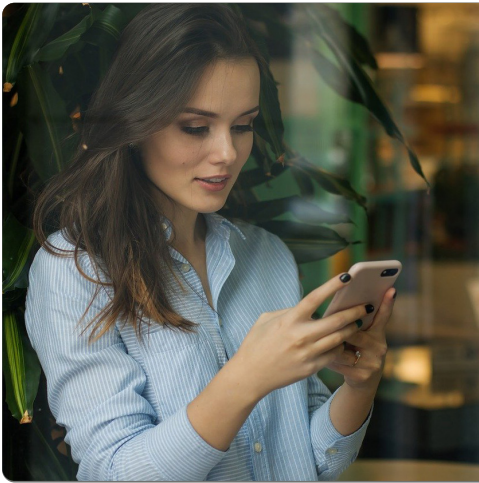


March 2020



Make Every Moment Matter

New Content Announcement



Monthly Blog:

7 Ways to Stop Reactivity and Create More Enjoyment with Social Media Use

There's a lot about social media you can't control, from what people post to which friends come up in your feed to who engages with your post. However, you can control how you interact with social media. For example, if it consumes more of your time or energy than you want it to, you can set clearer boundaries. Take back your power by using social media in a way that truly energizes you.

[Click To Read >>](#)



Avoiding Burnout (5 episodes)

Description:

Burnout leaves us feeling physically and emotionally depleted, disconnected, and unable to bring our best to our jobs or our families. It affects every area of our lives. We can help prevent and overcome burnout by learning to better manage stress.

[Click To View On-Demand](#)

Episodes:

- Recognizing Burnout
- Stepping Back, Building Awareness
- Checking in With Yourself
- Practicing Self-Compassion
- Self Care - Rest, Renewal, and Supportive Relationships



Free Webinar



Make Every Moment Matter


Introduction to Mindfulness


Learn how eM Life helps you apply mindfulness to your everyday life


Sign up for this 30-minute webinar to experience how to make every moment matter with greater focus, creativity and purposeful decisions.

Upcoming Webinars

(all webinars start @ 12:00pm EST)

 Wednesday, March 11th
Where's the Off Switch?

 Thursday, April 9th
Intro to Mindfulness

 Tuesday, May 12th
Why do I feel this way?

 Wednesday, June 10th
Communication Foul

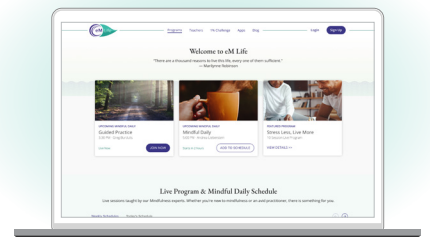
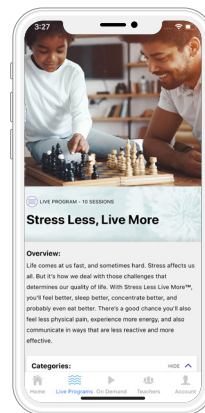
 Thursday, July 9th
Intro to Mindfulness

 Tuesday, August 11th
Controlling Comfort Foods

What you will learn:

What is mindfulness?
The effects of stress
Mindfulness benefits

Stress reduction practices
Navigate eM Life
Use of mobile app



Visit

emindful.com/webinar

log in, and choose your preferred date and time.

If you have any questions or need assistance please contact support@emindful.com