

JUNE 1-7

WEEKLY CALENDAR

Monday




That Shiny New Feeling

Mindfully getting back to the basics



01

Tuesday



Appreciating Each Life Chapter

What messages are you sending yourself everyday about aging?




02

Wednesday



A Moment's Worth 1,000 Words

Dealing with the pressure for every moment to be photo worthy



03

Thursday



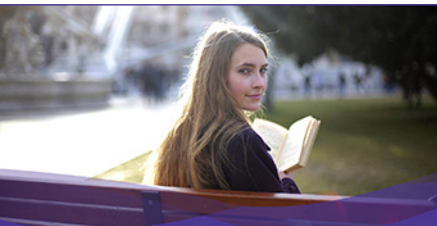
A Walk In Others' Shoes

How the imperfect fit can be perfect




04

Friday



Peace & Quiet

How does silence help your brain?



05

Saturday




The Myth Of Multitasking

Could single-tasking be the answer?




06

Sunday



Rekindle Your Joy

Are you feeling too stressed to have any fun?



07

JUNE 8-14


WEEKLY CALENDAR

Monday




Facing Difficulties

How might being honest about feelings help with difficult emotions?




08

Tuesday



Mid-day Pick-Me-Up

What helps you get through the mid-day slump?



09

Wednesday




Sitting With Discomfort

What helps you be with discomfort?




10

Thursday



Hold The Judgment

Pressing pause before automatically judging



11

Friday




The Joy In Enough

How do you live happily within your means?




12

Saturday




Here I Am!

What helps you accept that you don't need to be better?




13

Sunday



Finding Balance

How might listening to what your body needs bring you balance?



14

JUNE 15-21

WEEKLY CALENDAR

Theme Week:
Red Brain or Blue Brain? Embrace Diversity

Monday



Mountain Or Mole Hill?

Do you find yourself getting worked up about the "small stuff"?



15

Tuesday




Welcoming Wisdom

Would you rather be right... or would you rather be happy?




16

Wednesday




A New Lens

Bringing awareness to our own beliefs and biases




17

Thursday



Harmonizing Differences

Diversity – or divisiveness?



18

Friday



Open Mind, Open Heart

How open are you to other points of view?



19

Saturday




Receiving With Gratitude

What does it mean to inhabit a perspective?




20

Sunday



Move With The Moment

Cognitive flexibility – how agile is your mind?



21

eM Life week starts on Tuesday

JUNE 22-28

WEEKLY CALENDAR

Theme Week:
Red Brain or Blue Brain? Embrace Diversity

Monday



Limitless Possibilities

How can we hold our thoughts and beliefs a bit more lightly?



22

Tuesday




Apples and Oranges

What leads you to compare yourself to others?




23

Wednesday




Amazing Agility

How does letting go of resistance help decrease suffering?




24

Thursday




Return To Sender

Is your message being drowned out by your delivery?




25

Friday




Dig Deeper

What is one of your personal improvement goals?




26

Saturday



I'm Grateful For You!

Do you take time to reflect on what you're grateful for about others?



27

Sunday



Layers Of Gratitude

Are your thoughts making you miserable?



28

JUN 29-30

WEEKLY CALENDAR

Monday




The Symphony Of Distractions

How do you break through distractions?



29

Tuesday



Unwavering Attention

Do you find yourself multi-tasking when others are talking?



30



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](#)



June 2020

Make Every Moment Matter

New Content Announcement



Monthly Blog:

How to Use Mindfulness to Restore Ease and Build Connection

Genuine connection results from a well-regulated nervous system. Mindfulness can help you regulate your nervous system by regaining connection to your environment through your senses. Read on to learn more!

[Click To Read >>](#)



7 Days of Attaining Athletic Performance (7 episodes)

Description:

Whether competing with others or with own personal best, mindfulness offers a competitive edge. Just like mindfulness can help an athlete overcome obstacles to training, such as procrastination, or the desire to seek a quick fix or avoid the discomfort of a workout, it can help us in daily life learn to work with the obstacles that come up as we try to meet our own goals.

[Click To View On-Demand](#)

Episodes:

- Ease Over the Finish Line
- Keep Your Head in the Game
- Tune Into Your Frequency
- Focus is Gold
- Put Me In, Coach
- A Winning Mindset
- Clearing Obstacles



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, June 10th
Communication Foul

 Thursday, July 9th
Intro to Mindfulness

 Tuesday, August 11th
Controlling Comfort Foods

 Wednesday, September 9th
Taking a Break from Always Being On

 Thursday, October 8th
Intro to Mindfulness

 Tuesday, November 10th
Living in a VUCA World

What you will learn:

What is mindfulness?
The effects of stress
Mindfulness benefits

Stress reduction practices
Navigate eM Life
Use of mobile app



Click here to register for the next webinar!

Then log in, or sign up for an account*.

*During account sign-up, select **Employee Account** and enter your company name for "Organization ID" when prompted.

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