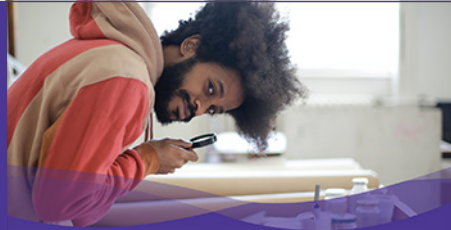


MAY 1-7


WEEKLY CALENDAR

Friday




Embrace The Messiness

Start celebrating your imperfect life




01

Saturday




Approach The Unfamiliar

When do you feel like a fish out of water?




02

Sunday




No Is A Complete Sentence

How can you appreciate someone's intention without undermining your own?




03

Monday



A Different Kind of Power

When do you find your vulnerability a powerful asset?



04

Tuesday




Strengthen Your Compassion Muscles

How do you feel when you help complete strangers?




05

Wednesday




Are We On The Same Page?

Are bad communication habits getting in your way?




06

Thursday



Stronger Than Stress

What helps you to bypass a bad stress habit?



07

MAY 8-14

WEEKLY CALENDAR

Friday



Relationship Role Changes

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



08

Saturday




The Act Of Acceptance

Stop resisting and start accepting the way life is




09

Sunday




Take a Bite Out of Stress

How could you break stress eating habits?




10

Monday



Peace Is A Choice

Don't let other people's reactions control yours



11

Tuesday




Approach With Kindness

Fully inhabiting your life




12

Wednesday



New Day, New Chapter

Letting go of an old story so you can be present now



13

Thursday



Stop (Financially) Stressing!

What would help you stress less about finances?




14

MAY 15-21

WEEKLY CALENDAR


Theme Week:
Ease Anxiety and Depression

Saturday




Learn, Grow, Shift

When do you have difficulty adapting to change?




16

Sunday




You're In Charge!

Are you at the mercy of your stress habits?




17

Friday



Help Me Help You

How do you take time for yourself while also helping others?



15

Monday




Decoding Your Emotions

Do your emotions stress you out?




18

Tuesday



Designing Joy

Reclaiming Joy



19

Wednesday



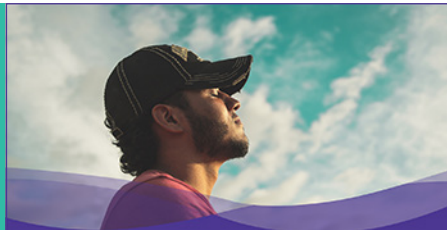
Lessons From Anxiety

Is it possible to befriend anxiety?




20

Thursday



Nerves Of Steel

How can equanimity ease anxiety?



21


eM Life week starts on Tuesday

MAY 22-28

WEEKLY CALENDAR

Theme Week:
Ease Anxiety and Depression

Saturday




I am Enough

How does your inner critic affect your emotional well-being?



23

Sunday




Finding Compassion From Within

Nurturing yourself: self-compassion as a mindful practice




24

Tuesday




Thoughtfully Disciplined

What helps you set mindful limits?




26

Wednesday




You're On The Right Path

How do you feel about a transition happening in your life?




27

Friday




Finding Your Inner Light

Mindfulness: A shining light in the darkness




22

Monday



Facing "Paper Tigers"

Anxiety - Using the breath and body as anchors



25

Thursday



Does This Really Matter?

Connecting to what really matters to you




28

MAY 29


WEEKLY CALENDAR

Friday



Lean On Me

Being there for others even when there's nothing to be done



29

Saturday



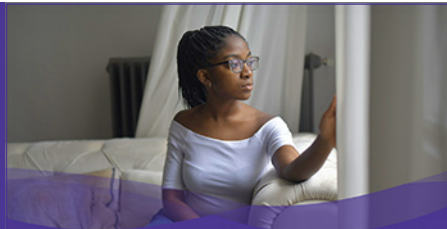
My Crystal Ball Says...

How could patience help you deal with uncertainty?




30

Sunday



Prioritize Your Energy

Don't let fear steal your joy



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](#)



May 2020

Make Every Moment Matter

New Content Announcement



Monthly Blog:

A Dose of Self-Love: How Being Kinder to Yourself Can Make Your Happier

Loving yourself can mean many different things. Two key ways we can practice loving ourselves is: to speak to ourselves with greater kindness when we make a mistake and make a point to experience a deeper sense of joy and wonder in your everyday life. As you do this, you'll bolster your sense of inner goodness which makes it harder for that nagging inner voice of self-judgment to dominate your life.

[Click To Read >>](#)



Mindful Movement (5 episodes)

Description:

Learn to bring mindfulness to your entire being and become aware of sensations from the inside out.

[Click To View On-Demand](#)

Episodes:

- Mindful Stepping
- Mindful Stretching
- Body, Breath, and Heart
- Mindful Walking
- Mindful Walking in Nature



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)



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



Wednesday, September 9th

Taking a Break from Always Being On



Thursday, October 8th

Intro to Mindfulness

What you will learn:

What is mindfulness?

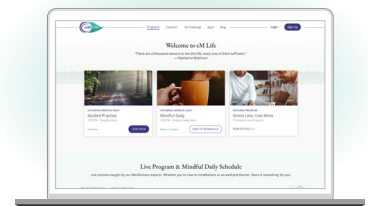
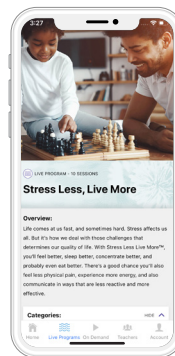
The effects of stress

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