



NOVEMBER 1-7

WEEKLY CALENDAR

Sunday



Identify Your True Need
Bring awareness to what drives your purchases



01

Monday



Workplace Culture Of Gratitude
Are you connected to the people you work with?



02

Tuesday



The State of Being & Doing
How could you benefit from being 'unbusy'?



03

Wednesday



Break Free from Social Anxiety
How do you manage the anxiety of feeling self-conscious?



04

Thursday




Kindness To Ourselves And Others
What helps you consider the impact of your words?




05

Friday




Ground Yourself, Gain Clarity
What helps you get grounded before taking flight?



06

Saturday



Give A Little Grace
How might forgiveness help you live with greater ease?



07

NOVEMBER 8-14

WEEKLY CALENDAR

Sunday



Respond With Intention

How could mindfulness help you notice the power of your words?



08

Monday



Send Kindness, Receive Love

What impact could a small act of kindness make?



09

Tuesday



Overcoming Stress Buildup

What helps you begin again after a stressful start?



10

Wednesday



Navigating Relationship Stressors

Could better managing stress improve your relationships?



11

Thursday



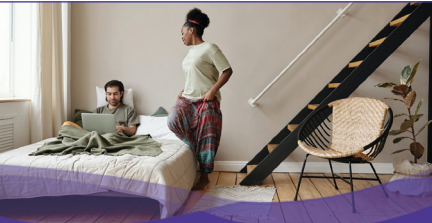
Invest Time In Happiness

How does giving to others impact your happiness?




12

Friday



Balance Human Being & Doing

How can you give yourself permission to shift from human doing to human being?



13

Saturday



Build Positive Self-Talk

How could a clear mind help you weather the storms?



14

NOVEMBER 15-21

WEEKLY CALENDAR

Theme Week:
Navigating Change with Holiday Traditions

Sunday




Prioritizing Others' Requests
How could you mindfully reclaim your life?




15

Monday




Recharge With Others
How can friends and family help you refresh, renew and recharge?




16

Tuesday



Joy In Slowing Down
How can doing less bring more joy and peace this holiday season?



17

Wednesday



Discover The Joy In The New
Keeping the holiday spirit alive - holiday traditions with a new twist



18

Thursday



The Season For Self-Care
Cultivating self-care and self-compassion this holiday season



19

Friday



Gratitude Beyond Thanksgiving
Beyond Thanksgiving: Gratitude as a Daily Practice



20

Saturday



Accepting How Things Are
Practicing the Art of Acceptance



21

eM Life week starts on Tuesday

NOVEMBER 22-28

WEEKLY CALENDAR

Theme Week:
Navigating Change with Holiday Traditions

Sunday



Open To Different Perspectives

Triggered by talk about politics? How can you bring mindfulness to holiday conversations?



22

Monday




Mindful Spending and Gifting

Mindful holiday spending: Easing financial stress in these challenging times




23

Tuesday



Open Mind, Open Heart

How open are you to other points of view?



24

Wednesday




Finding Joy In Difficult Times

How do you honor those who aren't here for the holiday?




25

Thursday




Tune Into Your Body

Do you know when eating for pleasure takes its toll?




26

Friday



Calm Night Time Thoughts

What helps you make peace when you can't sleep?



27

Saturday



Find Strength In Vulnerability

Can asking for help really be a sign of strength?



28

NOVEMBER 29-30

WEEKLY CALENDAR

Sunday




The Power Of Expectations
How do you manage inaccurate expectations?




29

Monday



Move Your Body, Quiet The Mind
How might mindful movement quiet the mind?



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](#)



November 2020

Make Every Moment Matter

New Content Announcement



Monthly Blog:

Awareness of Breathing: A Q&A with eMindful Teacher Jim Austin

eMindful Lead Teacher Jim Austin is a familiar face in the wide variety of programs he teaches, but his journey into mindfulness had a few pit stops along the way before he finally found his true passion. Learn more about Jim and how mindfulness has helped him feel more fulfilled.

[Click To Read >>](#)



7 Days of Addressing those Addictive Behaviors

Description:

Connecting with the breath is a powerful way of calming the nervous system. We can use the breath to stay present with cravings without reacting. The more we practice, the more we begin to automatically turn to the breath as a way to calm ourselves and addictive behaviors.

[Click To View On-Demand >>](#)

Episodes:

- The Roots of Addiction
- The Delicate Balance
- From Addiction to Alignment
- Stress Signals
- Facing Cravings
- Strength in Compassion
- Riding the Rush



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, November 10th
Living in a VUCA World

 Wednesday, December 9th
Stop Financially Stressing

 Thursday, January 14th
Intro to Mindfulness

 Tuesday, February 9th
Intro to Mindfulness

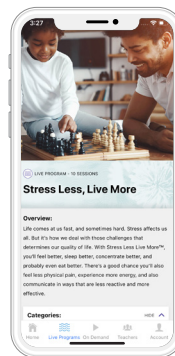
 Wednesday, March 10th
Intro to Mindfulness

 Thursday, April 15th
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