

December 1-7

WEEKLY CALENDAR

Tuesday



Balance Your Sweet Tooth

How do you keep your balance during the food trap season?



01

Wednesday



Communication Expectations

Managing frustration when others don't respond right away



02

Thursday



Staying The Course With Your Goals

Do you get sidetracked by overwhelming feelings?



03

Friday



Separation Anxiety

How could unplugging improve your life?



04

Saturday




My Way Or The Highway

How do you feel when you don't get your way?



05

Sunday



The Beauty Within

What helps you see the good in others?



06

Monday



Joy of One Thing At A Time

How do you avoid daily distractions for better sleep?




07

December 8-14


WEEKLY CALENDAR

Tuesday




Soak Up The Positivity In The Present

What could shift if you stopped chasing happiness?




08

Wednesday



Welcome To Reality

How might it be to boldly accept what is?



09

Thursday



De-stress With Joy

How could joy help you beat holiday stress?



10

Friday



Keeping Your Focus Amidst Distractions

How could you break the cycle of constantly checking your phone?



11

Saturday




Be Curious About Change

Are your expectations eroding your happiness?




12

Sunday




Stand Your Ground

How do you manage temptation?




13

Monday



Honor Your Limitations

How do you manage stress when you've done all you can?



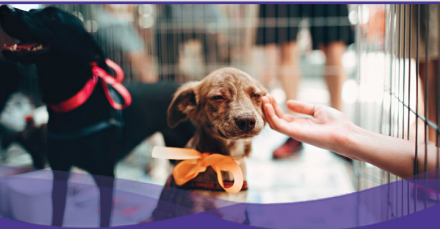
14

December 15-21


WEEKLY CALENDAR

Theme Week:
Cultivate Compassion

Wednesday



Warm the Heart
Cultivating kindness: The warm heart of compassion



16

Thursday



Face Challenges with Courage
Extending loving kindness to yourself and others



17

Saturday




Yin and Yang of Compassion
What do we mean by fierce compassion?




19

Sunday




Discover Our Connections
The ever-widening circle of caring




20

Tuesday



Listen To Your Heart
Seeing through the eyes of compassion



15

Friday




Accept The Reality
Are you Experiencing crisis fatigue?




18

Monday



Lean On Me
What is the sound of compassion? Finding the right words to convey that we care.




21

eM Life week starts on Tuesday


December 22-28

WEEKLY CALENDAR

Tuesday




Being Present is a Gift
Take the pressure off of finding the perfect gift




22

Wednesday




What's On My Plate?
Noticing the impact of now on later




23

Thursday




Start Your Day On The Right Foot
How do you send yourself love every morning?




24

Friday



The Ultimate Gift
Your presence is present enough



25

Saturday




Create Space for Your Reaction
How do you manage your stress and be your best in relationships?




26

Sunday



Loving Yourself As Is
How much do you love yourself?



27

Monday



Endlessly Grateful
How might saying "thank you" more change your life?



28

December 29-31

WEEKLY CALENDAR

Tuesday



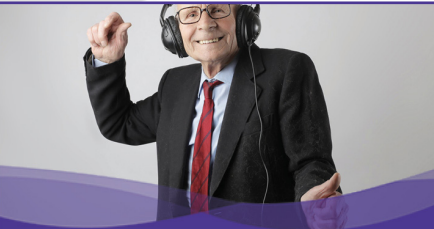
Forever Friends

How can you bring more joy and appreciation into your friendships?




29

Wednesday




Music Moves You

How does music help you unwind?




30

Thursday



Find Gratitude In Your Heart

Can gratitude help ease emotional pain?



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](#)



December 2020

Make Every Moment Matter

New Content Announcement



Monthly Blog:

5 Ways to Reframe Expectations Around the Holidays: Preparing Your Family for the Holidays This Year

The pandemic has turned the schedules and routines of most families upside down this year, so it's normal to not want to break the news that the holidays may also be different. But rather than putting the conversation off or trying to sugarcoat reality, it may be helpful for your family to discuss what they can expect during Halloween, Thanksgiving, and December holidays.

[Click To Read >>](#)



Mindful Communication

Description:

Mindful communication considers how the messages we send will be received by the listener. The most powerful messages create an emotional connection that can inspire curiosity, hopefulness, joy, enthusiasm, urgency... In this way, your communication speaks to the head and the heart.

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

Episodes:

- Crafting the Message
- Listening Mindfully
- Speaking with Intention
- Tuning into Non-Verbal Cues
- Enhancing Digital Communication



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, December 9th
Stop Financially Stressing

 Thursday, January 14th
Intro to Mindfulness

 Tuesday, February 9th
Intro to Mindfulness

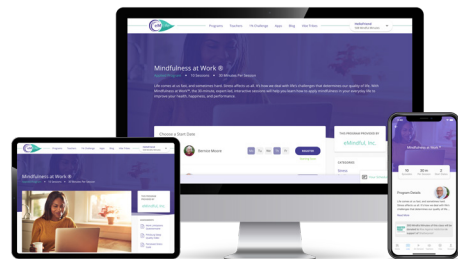
 Wednesday, March 10th
Intro to Mindfulness

 Thursday, April 15th
Intro to Mindfulness

 Tuesday, May 4th
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