The background features a large, diagonal section of water ripples on the left, transitioning into a light gray textured area on the right. Several colorful geometric shapes (diamonds and triangles) are scattered across the page: a teal diamond at the top left, a yellow diamond at the top right, an orange diamond in the center, a green triangle at the bottom left, and a teal triangle at the bottom right.

Emotional Agility Meditation



Silence your phone



Exit out of email

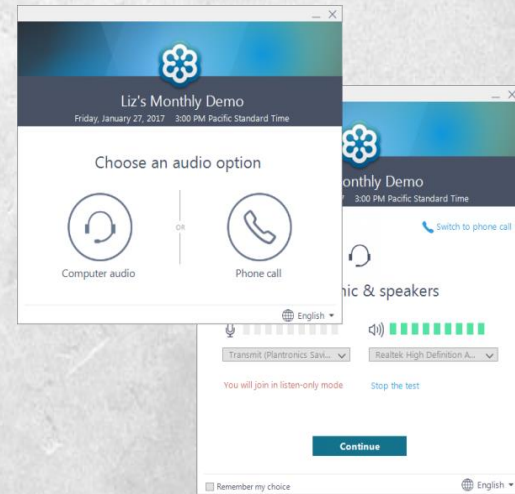
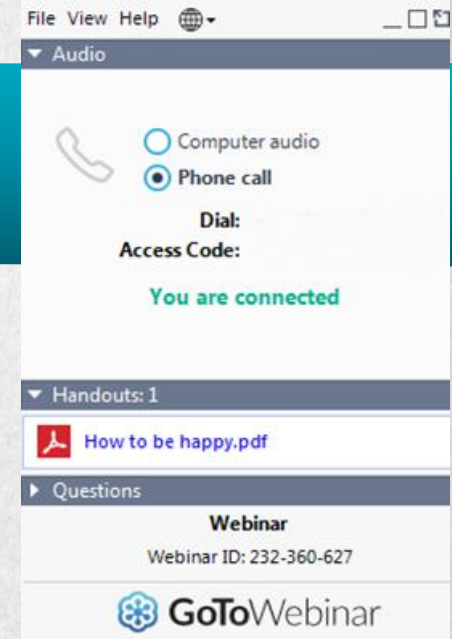


Create a quiet Space



Play music

Meditation Preparation





Emotional Agility

- A process that enables us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind
- Helps us create space between a stimulus and our response
- Recognizes that emotions are messengers

Three Steps To Emotional Agility

1. Show up to your emotions
2. Step out and detach from your inner monologue
3. Watch the emotions go



To Increase Your Emotional Agility:

- Check in with your emotions throughout the day to see what they are telling you
- Practice self-compassion for the difficult emotions you face
- Name the thought or emotion

Contact:



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