

What it takes to have a best-possible EMS experience

1. Curiosity and interest in your experience
2. A willingness to prioritize good self-care
3. Paying attention to thoughts and feelings
4. Working on your crap
5. Hunting the good
6. Tending nutritious relationships
7. Expecting and getting good with adversity and setbacks
8. Discipline, practice and encouragement

10 Personal Things to do now

1. Hunt the good (everyday for a week)
2. Move more (get your body going)
3. Organize something neglected
4. Tend an important relationship
5. Start a gratitude practice
6. Do a clean-up ritual before going home
7. Get to work on your personal crap
8. Get healthily engaged in a hobby
9. Trade passive dulling for active doing
10. Do a deliberate act of kindness (note result)

6 Things your agency can do

1. Have a conversation about this – does anyone care?
2. Create a pro-optimism environment
3. Create a pro-self care environment
4. Schedule time for wellbeing learning and sharing. Use a movie, a video, a ted talk
5. Host frequent micro conversations
6. Have a BEER

B-what's happening in your Body

E-what's Engaging the mind

E- what Emotion are you feeling now (mad, sad, glad, afraid, joy, guilt, shame, etc.)

R – what are you Related to, connected to, or disconnected from at this time?