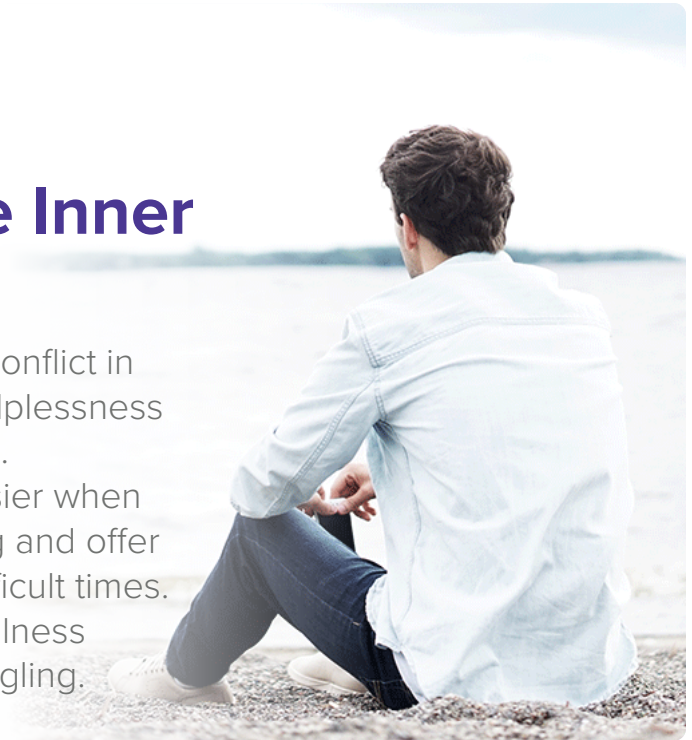




# Find Relief and Cultivate Inner Peace with Mindfulness

You are not alone in feeling distressed by the conflict in Ukraine. It is natural to feel fear, anxiety and helplessness when coping with events outside of our control. Navigating these difficult emotions is made easier when we pause and acknowledge what we're feeling and offer ourselves kindness and compassion during difficult times. Connecting to the present moment with mindfulness practice can help you find ease if you are struggling.



Start today by logging in or **creating an account** with eM Life.

## Bringing Mindfulness and Compassion to Loss



Loss isn't something we can think our way through. The thinking mind can't comprehend the depths of emotional pain. It sometimes tries to fix what's wrong by minimizing the pain we're feeling, or by replaying thoughts of how this shouldn't have happened or how it isn't fair. But loss isn't a problem to be solved, with mindfulness we can learn it's a process that we move through—and that moves through us.

### 5 Episodes

#### Episodes Includes:

- Finding Strength Within
- Treating Yourself with Tender Loving Care
- Moving Through Loss
- Recognizing and Allowing the Feelings of Loss
- The Wisdom of Letting Go

[Explore the Program](#)

## Difficult Emotions Collection



When worry and anxiety take over we can often feel helpless. We might try to find relief outside of ourselves to no avail. With mindfulness we can learn how to manage these difficult emotions by approaching them in a new way and changing how we relate to uncertainty and unease.

### 5 Episodes

#### Episodes Includes:

- Why Worry?
- Full of Feelings
- Confronting Your Dark Side
- Finding Forgiveness
- The Past Isn't The Present

[Explore the Program](#)