



# How Are You Really Doing?

People ask how you are and most of the time a simple reply is fine. But what about when worry and anxiety take over? When this happens, mindfulness can help. Mindfulness is about being attentive and open to what's happening right now without judging it as good or bad, right or wrong, pleasant or unpleasant. Enhance your mental well-being with the mindfulness tools available at eM Life.

**Download the eM Life app today!**

Company code: UVA

**Already enrolled?**  
Login and keyword search **difficult emotions.**

## Connection that Magnifies Results

We've cultivated an experience that can help you create a deeper connection with yourself, and with others.

### Live Programs

Live sessions with expert teachers available multiple times a day, every day of the week, right on your mobile device.

### On-Demand Courses

Find hundreds of hours of engaging audio and video content, across a wide range of subjects like Anxiety, Sleep, Financial Stress, Depression, Relationships, Mindful Eating and more.

### Live Expert Teachers

Our globally diverse experts help deliver perspective, accountability and personalized mindfulness experiences in live interactive sessions.

### Immediate Access

Available on all devices with mobile apps for iPhone and Android with a personalized, simplified experience.



### Difficult Emotions

When worry and anxiety take over we can often feel like something's wrong with us. In this collection you will learn how to manage anxiety by changing the way you relate to uncertainty and unease.

5 Episodes

#### Episodes include:

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

You can also access seven guided meditations:  
**Relieve Anxiety and Depression**