

3 on 13

3 things from EP
to make life
better.

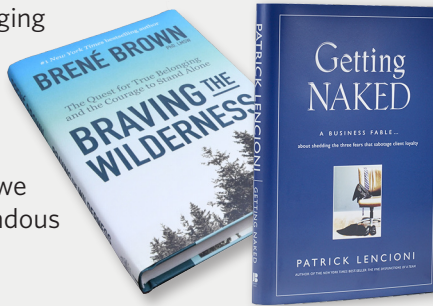
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Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to 3on13@epinc.com**

1 | On being vulnerable, in your everyday lives and in your work

"True belonging is not passive. It's not the belonging that comes with just joining a group. It's not fitting in or pretending or selling out because it's safer. It's a practice that requires us to be vulnerable, get uncomfortable, and learn how to be present with people without sacrificing who we are. We want true belonging, but it takes tremendous courage to knowingly walk into hard moments."

— Brené Brown, *Braving the Wilderness*



"Naked service requires vulnerability ... embracing uncommon levels of humility, selflessness and transparency for the good of the client."
— Patrick Lencioni, *Getting Naked: A Business Fable*

2 | The Importance of Zzzzzzzz...

There are tons of recent studies that outline the importance of sleep. (Check out [this](#) and [this](#) and [this](#) to start.) EP Performance Coach Matt Groves breaks it down like this:

Sleep has a constraint to it — you can either improve the quality or the quantity. That's it. There is no "45-minute nap" pill. Quantity is simple — you either go to bed earlier or get up later. Quality is harder, but here are some tips to help get a better night's sleep:

- Try to maintain a scheduled bedtime and wake-up time. Yes, even on weekends.
- Have a bedtime ritual. Examples: stretching, reading, chamomile tea. It's time to wind down.
- Evaluate your room — think pitch black, cool (60-67 degrees), comfortable.
- Limit screen time before sleep. Turn off the screens 1-2 hours before bedtime.
- Avoid alcohol, cigarettes, and heavy meals in the evening. Yes, I said alcohol.



3 | Remember discovery; remember to smile!



"What a marvel it had been to discover the table that folded away without a trace; and the drawers built into the base of the bed; and the wall-mounted lamps just large enough to illuminate a page. This efficiency of design was music to the young mind. It attested to a precision of purpose and the promise of adventure.

For such would have been the quarters of Captain Nemo when he journeyed twenty thousand leagues beneath the sea. And wouldn't any young boy with the slightest gumption gladly trade a hundred nights in a palace for one aboard the *Nautilus*?" — *A Gentleman in Moscow*, by Amor Towles



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