

# 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](mailto:3on13@epinc.com)**

## 1 | Stop Being So Boring

Yeah, you heard us right. Knock it off. You're boring. You're predictable. You're stale, tiresome, and downright mundane. (No offense intended: WE are all those things, too.)

Here's the deal: our hyper-scheduled, shared-calendar-on-our-phones lives make it ridiculously easy to fall into routines that, while comfortable, can lead to a just-under-the-surface sense of monotony. [Introducing moments of novelty](#) into our daily lives — and the lives of our families, loved ones, and co-workers — can invigorate our experiences and enhance our well-being.

Other benefits include:

- Enhanced Cognitive Function: Engaging in unexpected activities stimulates the brain, promoting neuroplasticity and improving cognitive abilities. This is a good thing.
- Improved Emotional Well-being: Experiencing new, unplanned things can boost mood and reduce stress by releasing dopamine, the "feel-good" neurotransmitter.

You don't need to go nuts; start small. Make a dinner reservation but don't tell your date where you're going, or arrange for a surprise speaker at an ordinarily blah weekly meeting, or bring a new kind of coffee to the office. Throw a monkey wrench into the ordinary. You'll be glad you did.



[María Jesús Contreras](#)



## 2 | Remember to Laugh

Speaking of fun and laughter: Check out neuroscientist Sophie Scott's TED Talks on why we laugh. ([Here](#) and [here](#).) You will learn something valuable, and yes, you will almost assuredly laugh.

## 3 | They Are Us

Roll your eyes if you must, be we've long believed that sports can reveal fundamental aspects about who we are as human beings. And the best sports documentaries help in that reveal (just watch [Hoop Dreams](#), the greatest sports doc ever made). Here are a few you may not know.

- [When We Were Kings](#): Muhammad Ali and the Rumble in the Jungle. Amazing.
- [100-Foot Wave](#): Just watch the trailer. The footage from Nazaré is unreal: The Everest of the Ocean.
- [Gunnin' For That #1 Spot](#): Eight future NBA players in 2006. At Rucker Park. Directed by Adam Yauch. 'Nuff said.
- [14 Peaks](#): If you felt [Free Solo](#) — and everyone who watches [Free Solo](#) "feels" [Free Solo](#) — then this is for you. Masterful.
- [The Comeback: 2004 Boston Red Sox](#): "When you have a team that's that connected, you get that feeling of being part of something bigger than yourself."



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