

3 on 13

3 things from EP
to make life
better.

MAY 13 · 2026

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 | Who's In Charge Here?

Can we be honest for a second? Our phones are almost assuredly a problem for us. Maybe more than we'd like to admit. (A fun little game we invented: next time you're in a social setting — say, around a high-top table with friends — ask everyone to pull out their phones, open their Screen Time app, and then share it in the middle of the table. Watch folks squirm.)



Most of us like to think we control our phones. But if you instinctively reach for your phone during a 14-second pause in life... well... maybe the relationship has shifted a bit. Let's talk about how to fix it:

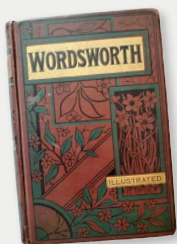
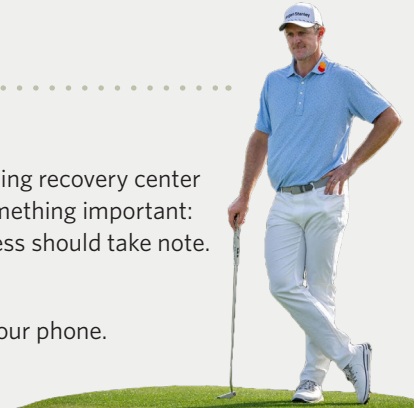
- **Use "Do Not Disturb."** Not every buzz deserves immediate attention. Create space to think, work, sleep, or simply exist without interruption.
- **Physically leave your phone behind.** Go for a walk. Head into a meeting. Run an errand. The world continues spinning, and your brain gets a rare chance to breathe.
- **Practice being bored.** Seriously. Waiting in line? Sitting at a kid's practice? Try *not* filling every empty second with scrolling. Boredom is where reflection, creativity, and good ideas begin.

Tell that tiny, glowing little boss in your pocket to go pound sand. *You're in charge here.*

2 | Recovery Isn't Optional

After this year's Masters, there was a lot of chatter about [Justin Rose's "health trailer"](#) — a rolling recovery center packed with tools designed to help him recover between rounds. Elite athletes understand something important: recovery is not separate from performance. Recovery is part of performance. Leaders in business should take note.

- **Elite performers schedule recovery.** They don't wait. Recovery is built into the process.
- **Rest is not the same as distraction.** Real recovery is intentional. And it seldom involves your phone.
- **Restored You performs better.** Better patience. Better decisions. Better relationships.



3 | William Wordsworth... Wait... Wordsworth?

Hey. Yo. Anyone remember [William Wordsworth](#)? (Not to be confused with Henry Wadsworth Longfellow, he of [Paul Revere's Ride](#) fame.) Truthfully, we don't know much about Wordsworth either. (English Romantic poet, wrote *I Wandered Lonely as a Cloud*.) But we ran across these lines from [Tintern Abbey](#) and they stuck with us a bit:

"On that best portion of a good man's life / His little, nameless, unremembered, acts / Of kindness and of love."

Not a bad reminder in a world obsessed with bigger, louder, and more visible.



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