

5-MINUTE MEDITATION

Reduce stress, anxiety, and negative emotions. Cool yourself down when your temper flares, and sharpen your ability to concentrate.



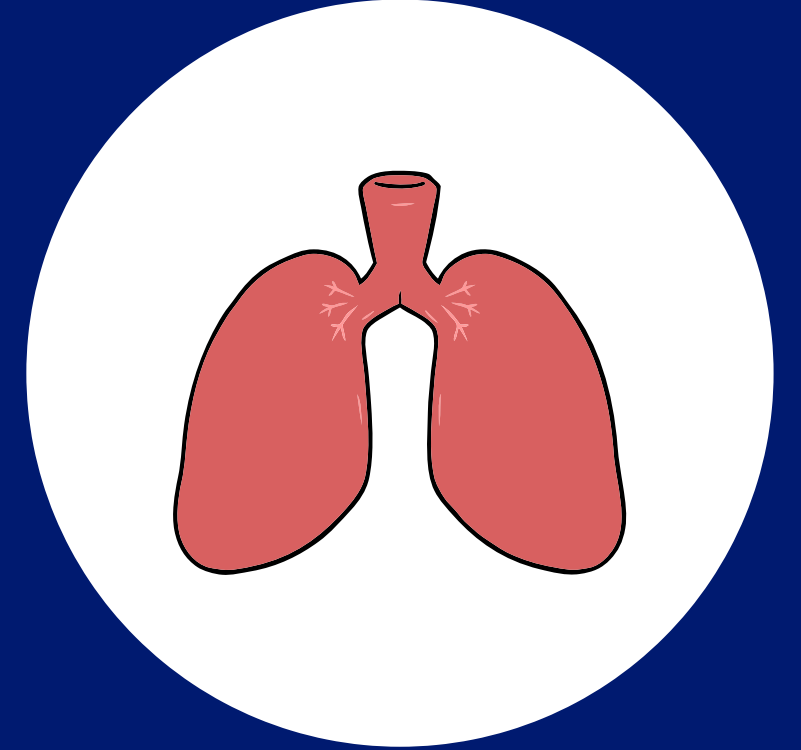
TAKE A SEAT

Stay seated on a chair or the floor. Keep your back upright and hands rested where they're comfortable. Have your tongue on the roof of your mouth or wherever it's comfortable.



NOTICE AND RELAX YOUR BODY

Let yourself relax and notice any bodily sensations you're experiencing— the touch, the connection with the floor or the chair. Relax any areas of tightness of tension. Breathe.



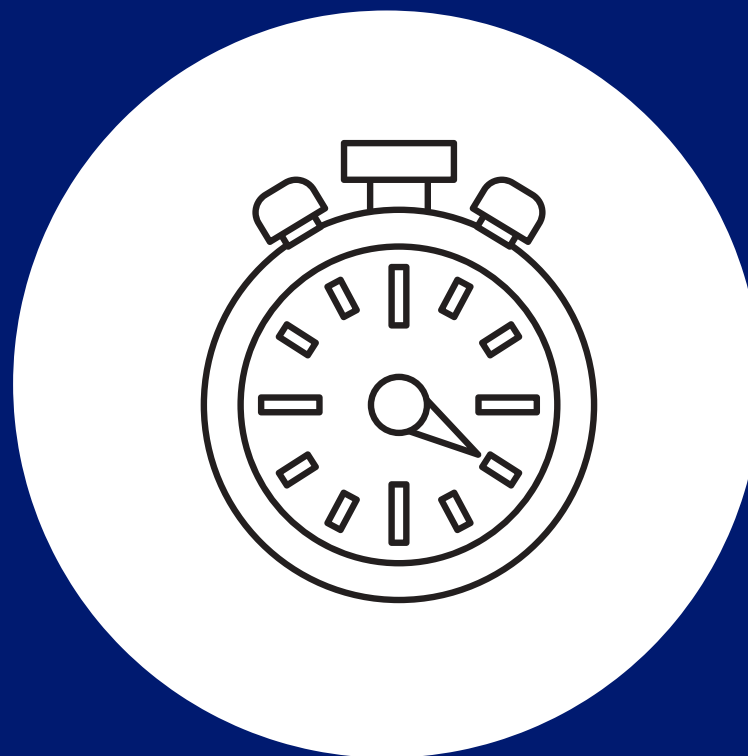
TUNE INTO YOUR BREATH

Feel the natural flow of breath going in, out. You don't need to do anything to your breath. Not long, not short, just natural. Notice where you feel your breath in your body. It may be in your abdomen, chest, throat or nostrils.



STAY FOCUSED

If you start thinking about other things, acknowledge that your mind has wandered. You can say "thinking" or "wandering" in your head softly. And then gently redirect your attention right back to the breathing.



CONTINUE FOR 5 MINS

Notice your breath, in silence. From time to time, you'll get lost in thought. When this happens, return your focus to your breath.



DO A FINAL CHECK-IN

After a few minutes, notice your whole body seated here. Let yourself relax even more deeply and then offer yourself some appreciation for doing this practice today.