

Need a 3 minute recharge?

TAKE A BREAK WITH MINDFULNESS



S Q U A R E B R E A T H E

- Breathe in deeply for 4 counts
- Hold for 4 counts
- Breathe out fully for 4 counts
- Repeat for 3 minutes



M E D I T A T E

- Sit comfortably
- Use your five senses to notice the world around you in detail for 1 minute.
- Notice how your breath feels and slow it down for 1 minute.
- When your mind wanders, refocus your breathing.
- Use your five senses to notice the world around you in detail again for 1 minute.



P R A C T I C E G R A T I T U D E

- Reflect on 3 things for which you are grateful.
- Practice daily.
- Keep a gratitude journal.



P R O G R E S S I V E M U S C L E R E L A X A T I O N

- Tense the muscles in your toes and hold for 2 seconds. Relax and repeat.
- Continue up your body - one muscle group at a time.
- Breathe in as you tense your muscles and out as you release.