



Did you know incorporating regular meditation helps to...

- Decrease stress
- Increase energy
- Improve sleep quality
- Increase motivation and productivity
- Lower blood pressure
- Reduce pain



Quick tip: practice deep breathing! No matter where you are, you can practice breathing in and out **SLOWLY** to help you relax. Try closing your eyes and count your breaths like this:

Breathe in...1...2...3...

Breathe out...1...2...3...

Find a way that works for you!

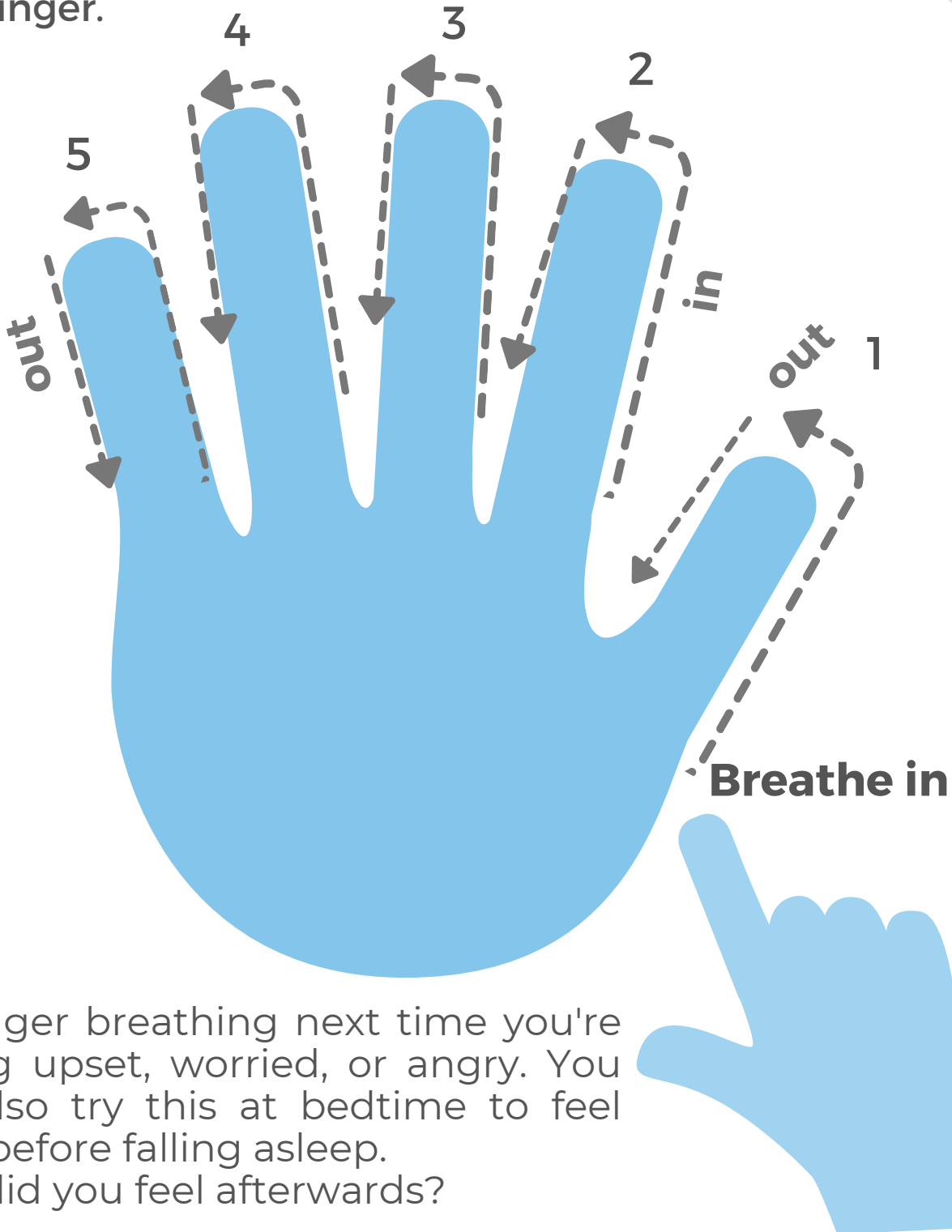
- Put the screen down! Read, listen to music, draw, journal, cook, take a walk, play with your pet, etc.
- Take a few minutes to do something you enjoy- without screen time.
- Deep breathing- focus on your inhales and exhales for a few minutes.
- When your mind starts to wander, bring it back to focusing on your breath.
- Progressive Muscle Relaxation- while sitting or laying down, tense and release different muscle groups. Start at your feet and work your way up to your head.
- Visual imagery- Close your eyes and imagine a calming setting like the beach or woods. Think of the sounds, sights, and smells of that calming place.
- Mindfulness movement.

Lowering stress can help you focus, sleep better, feel happier, and improve your overall health.

MINDFULNESS PRACTICE



Finger Breathing: Stretch your hand out like a star. Trace your hand with the opposite pointer finger. Take slow breaths in and out as you trace each finger.



Try finger breathing next time you're feeling upset, worried, or angry. You can also try this at bedtime to feel calm before falling asleep. How did you feel afterwards?