

Take a pause and improve your well-being.

Try this simple mindfulness exercise

1

Stop and
place your
feet on
the ground.

2

Feel your
feet in
contact with
the floor.

3

Bring your
attention
to your
breathing.

4

Follow your
breath in
and out
7 times.

5

Notice
how you
feel now.

6

Try this
3 times
each day.

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