

Enjoy the following prompts to experience a mindful moment to calm your mental activity.

Prepare your body to relax

To begin, comfortably stand and focus on how your body feels at this moment. Roll your shoulders out and move gently in any way your body enjoys. Then, stand in place once again.

Breathe

Take a full, deep breath through your nostrils while raising the top of your head. Then exhale through your nose to release your breath as you feel your feet firmly planted on the ground.

Pay Attention

Close your eyes and relax your face. As you continue taking steady breaths, notice any sounds and relax your eyelids. Slowly, count to five to yourself. Then, open your eyes and calmly look at your surroundings.

Enjoy the rest of your day!