

5-minute Mindfulness Meditation

- Pay close attention to your breathing, especially when you're feeling intense emotions.
- Notice – really notice – what you're sensing in a given moment, the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness.
- Recognize that your thoughts and emotions are fleeting and do not define you, an insight that can free you from negative thought patterns.
- Tune into your body's physical sensations, from the water hitting your skin in the shower to the way your body rests in your office chair.
- Find “micro-moments” of mindfulness throughout the day to reset your focus and sense of purpose.

