



# 1. My 5-Minute Mindfulness Break



A short break can help you reset, refocus, and feel more like you.

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Find a comfortable spot.

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Put your feet on the floor.

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Take 3 slow breaths.

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Notice what is happening around you.

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Relax your shoulders and hands.

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Ask yourself:

“What do I need right now?”



How do I feel now?

You don't have to be perfect.  
Just pause, breathe,  
and be here.

