



Enjoy this moment

There's nothing like being right here, right now

It's really simple:

Three steps in 5 minutes

Do them anytime you need a microbreak throughout your day.

**Find Your Breath:**

1. How am I breathing? How's my posture?
2. Breathe with intention:
  - a. Take a deep breath (in through your nose, all the way full, out through your mouth)
  - b. Sit up or stand straight. Relax your arms, shoulders over hips, relax your jaw.
3. Explore body movement and exercises like stretching, yoga, or dance

**Free Your Mind:**

1. What am I thinking? (List what's keeping your brain busy)
2.
  - a. Watch it go: imagine water flowing, a bird flying, or wind blowing
  - b. Focus on an awesome image (happy memory, something beautiful)
  - c. Add sound and motion (a gentle breeze, water trickling)
3. Visualize something that makes you smile.

**Feed Your Soul:**

1. What do I appreciate? (List a few good things about your day/life)
2. Say a mental thank you to someone for one of those things. Visualize familiar faces.
3. Express it for real... give a smile or hug, say a few words, give a small note or token

Why it works:

You'll Listen better

Have better focus

Less "negative stress"

Be more creative

Notice subtle things you may have missed

