

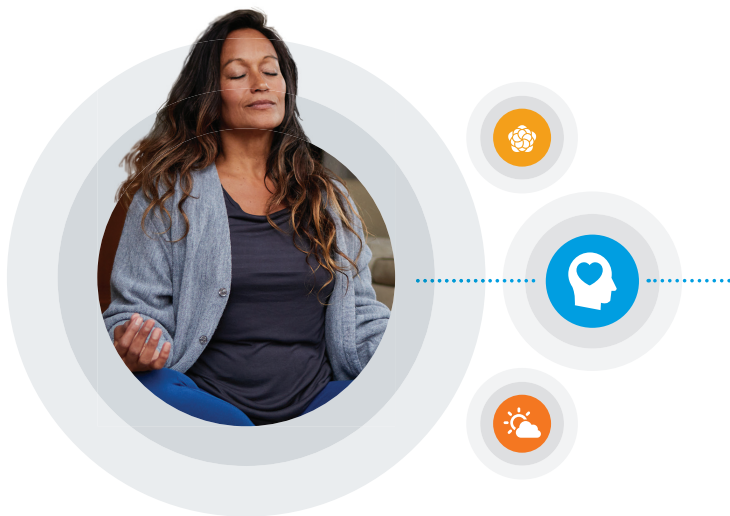


Feeling anxious and overwhelmed? Try a mindfulness break



The global pandemic weighs heavy on everyone as concerns continue about our own and our loved ones' safety.

It's normal to feel distracted, lose focus and feel overwhelmed right now. Studies show that practicing mindfulness on a regular basis can be profoundly relaxing. No matter where you are—on the job or off—you can use a simple technique as a convenient way to focus on the present moment and task at hand, slow down your body and mind to help you better cope with stress and feel a bit more in control of your life.



- **Find a quiet place to sit for 5 minutes or so,** and gently close your eyes if you want.
- **Relax your stomach, shoulders and jaw** and begin to focus on your breath flowing in and out.
- **Don't force it.** If your mind wanders from your breath, bring it back by saying to yourself "I breathe in and I'm calm," and on the exhale say, "I breathe out and I let go."
- **If intrusive thoughts arise,** observe them like clouds drifting by without judgment, and return your attention to your breathing.



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