

Enhance your focus and increase your energy while reducing stress and improving your health with a...

# Midday Mindfulness Break

- Step 1: Find a quiet location
- Step 2: Sit in a comfortable, open position
- Step 3: Set your smart phone alarm for 2 - 5 minutes *(be sure to use a non-startling alarm sound like chimes)*
- Step 4: Close your eyes or stare at a blank spot somewhere in the room
- Step 5: Focus only on your breath
- Step 6: If thoughts enter your mind simply acknowledge them with an "oh, well" attitude, let them go and refocus on your breath



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