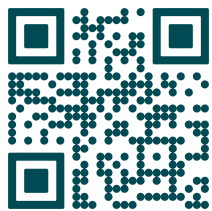


Trouble falling asleep? Give this a try.

Brief meditation practices can help relax the body and quiet the mind. Some people also find these practices useful when trying to fall asleep.



SCAN & WATCH
WHEN YOU CAN



SCAN & LISTEN
WHEN YOU CAN



Learn more about wellness offerings from
University of Utah Health:

healthcare.utah.edu/wellness

Is your mind racing? Give this a try.

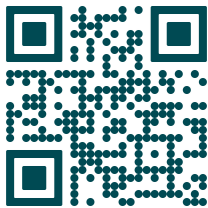
Brief meditation practices can help relax the body and quiet the mind. These practices can help stabilize attention to focus on what's most important to you.



SCAN & WATCH
5 MIN PRACTICE



SCAN & WATCH
1 MIN PRACTICE



SCAN & LISTEN
TWO SHORT
PRACTICES



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Are you in pain? Give this a try.

Brief mindfulness pain practices can help decrease emotional and physical pain by simply changing your perspective. Sound impossible? Give it a try.



SCAN & TRY
5-MIN PRACTICE



SCAN & TRY
1-MIN PRACTICE



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