Mindfulness

For Stress Relief

Taking a few moments to connect with the present can help reduce stress. Here are a few simple ideas to adopt mindfulness into your daily life.

MINDFUL EATING

Before eating, slow down and take

5 deep breaths

CONNECT WITH NATURE

Ditch your phone to

Garden
Walk in the park
Play with your pet

MEDITATE

Take 5 minutes

to feel your belly rise and fall with each breath

MOVEMENT

Exercise to connect with your body and breath

Pilates
Yoga
Tai Chi

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To learn more, request a presentation from the Osher Center for Integrative Health's employee wellness team-->