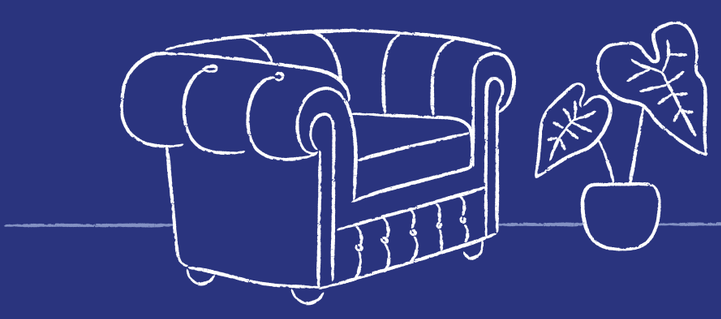
Need a break?
Take a break!

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1 Find a quiet spot

Pick any place and time where you won't be disturbed.



2 Get yourself comfortable

Sit or lie on the floor if preferred.



3 Focus on your breath...



4 Notice your breath going in & out



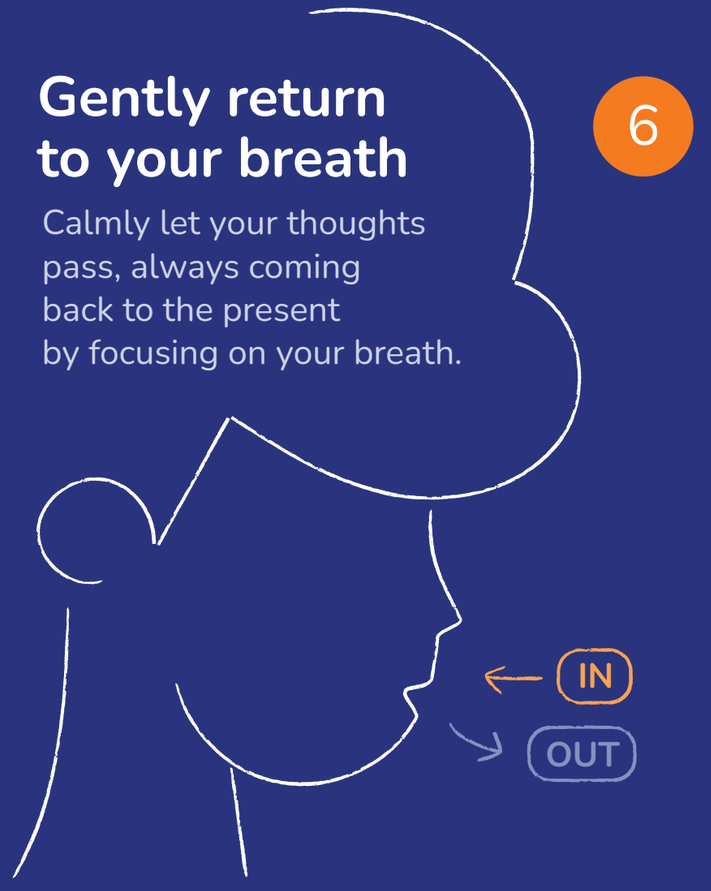
5 Observe thoughts that arise

It's natural for your mind to be full.
Don't fight your thoughts,
simply notice them.

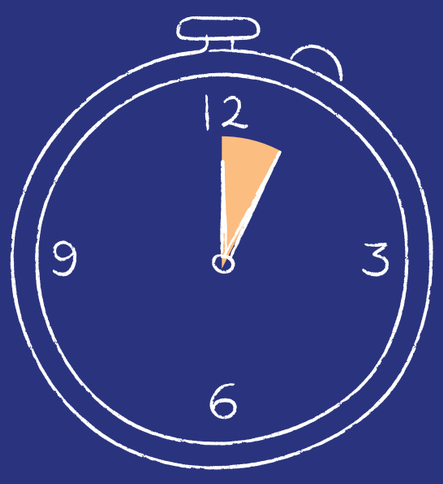


6 Gently return to your breath

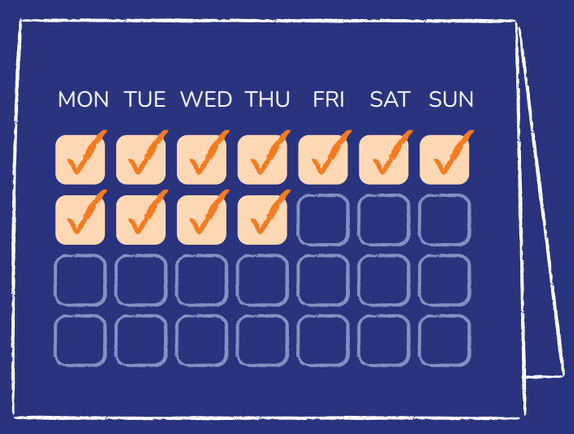
Calmly let your thoughts pass, always coming back to the present by focusing on your breath.



7 Aim for 5 minutes



8 Try to make it a routine



9 Patiently make progress

It's okay if it's not perfect yet
- progress takes time.

