

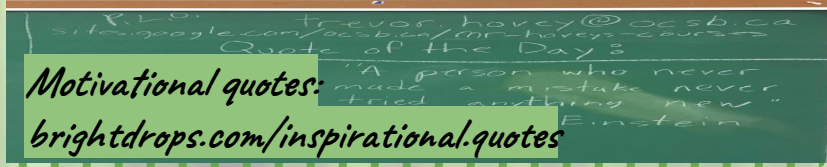
Helpful Wellness Tips

Headspace.com

- release your tension -
the basics of mindfulness meditation.



Motivational quotes:
brightdrops.com/inspirational.quotes



Bookend your day with 5 minutes of yoga for strength, flexibility, focus, and well-being.

Take a 3-minute prayer retreat.

loyolapress.com/3-minute-retreat-message-daily-online-prayer/3-minute-retreats-archive

Calm.com app.
-quiet the mind-
-refocus-

Take 5 breaths:

1. Calm down.
2. My family.
3. My blessings.
4. My parents.
5. God.



"Gone to the Beach"
Visualize and breathe.
Inhale peace.
Exhale unhelpful emotions.

