



# Mindfulness MOMENT

**Dealing with uncertainty and being pulled into different directions can create stressful moments.**

Mindfulness is a technique or strategy that helps us re-center our thoughts.

## **Here are some steps to practice Mindfulness!**

- Find a quiet place to meditate.
- Get comfortable and close your eyes.
- Now, breathe and focus on your breath.
- Breathe in.
- Breathe out.
- When your mind wanders, simply bring it back to your breathing.
- When you are ready to stop, think of something you're grateful for.
- Feel refreshed and renewed.

**Take time daily to relax, be in the moment and focus on your breathing. Consistency is key!**