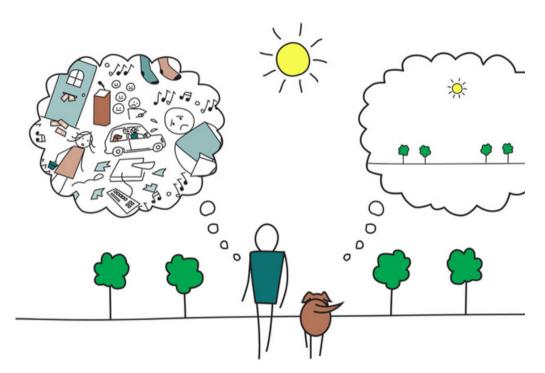


DECEMBER 2023

EIGHTFOUNDATIONS.ORG



Mind Full, or Mindful?

THE POWER BEHIND MINDFULNESS PRACTICES:

- Increased capacity to focus
- Reduce anxiety and depression
- Lower blood pressure
- Improve sleep
- Better memory
- Increased emotion regulation

MINDFULNESS BREATHING

5 MINUTES

On most days, we all have 5 minutes to spare. Keep this mediation handy. Down load it. Have it on your phone. ENJOY!

https://www.youtube.com/watch?v=I-SFdhVwrVA

BOX BREATHING

The 5-Minute meditation is guided. This one is self-guided. You can choose the amount of time per breath, but 4 seconds seems about right. You breath in for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold the exhale for 4 seconds. Go through 4 cycles.