



PUTTING IT ALL TOGETHER

8 FOUNDATIONS FOR LASTING CHANGE!

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EIGHTFOUNDATIONS.ORG

MINDFULNESS BREATHING

5 MINUTES

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

<https://www.youtube.com/watch?v=l-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.



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