

# 5-Minute Mindfulness Challenge



1

**Find a Quiet Space:** Settle into a comfortable, quiet spot where you won't be disturbed. This could be your favorite chair, a cozy corner, or even your car before heading into work.

2

**Set a Timer:** Set a timer for 5 minutes. This small commitment makes the practice accessible and easy to fit into your day. A set amount of time can help you stay focused and present during the practice.

3

**Focus on Your Breathing:** Close your eyes and take a deep breath in through your nose, filling your lungs completely. Slowly exhale through your mouth. Pay attention to the sensation of the breath entering and leaving your body.

4

**Notice the Present Moment:** Shift your focus to your body and surroundings. Notice any sensations, sounds, or feelings without judgment. If your mind starts to wander, gently guide it back to your breath.

5

**Practice Gratitude:** As you complete the challenge, think of one thing you are grateful for today. It could be something small, like a warm cup of coffee or a moment of sunshine.

6

**Gently Return:** When the timer goes off, slowly open your eyes and take a moment to notice how you feel. Carry this sense of mindfulness with you as you continue your day.

Are you ready to take the 5-Minute Mindfulness Challenge?  
Commit to just 5 minutes a day for the next 7 days, and experience the positive impact it can have on your mental well-being.