



MINDFUL MINUTES

*Feeling overwhelmed, stressed, uneasy, or just
need a moment of calm?*

Block off a few minutes to try one of these Guided
Meditations. Start small & work your way up to 30 minutes

3
MINUTES

5
MINUTES

10
MINUTES

15
MINUTES

30
MINUTES

HAVING
TROUBLE
SLEEPING

"The goal of meditation is not to get rid of thoughts or emotions.
The goal is to become more aware of your thoughts and emotions and
learn how to move through them without getting stuck."