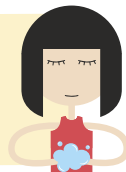


# MEDITATION PILLS



Stop what you're doing and take a break. Focus on your breathing for a few minutes.

Whenever you wash your hands, use this time to wash your mind as well. As you focus on lathering and rinsing soap off your hands, take slow breaths and imagine that you are also cleansing your mind.



When you're in the car and pull up to a stoplight, take the opportunity to connect to yourself; ignore your phone, turn off the radio, and pause to breathe in peace and release your anxious thoughts.



Stretch your arms upward. As you lengthen your back, breathe deeply through your nose into your belly and back out through your nose. Lower your arms, place them on your lap, and take a few deep, calm breaths.

