

# Ready for a mindful challenge?

Here's a simple mindfulness practice that can be done at home, at the office, standing in line, or sitting in a waiting room... the possibilities are endless. Use this insert anywhere you think mindfulness has a home — then let us know about it!



Sit or stand comfortably.

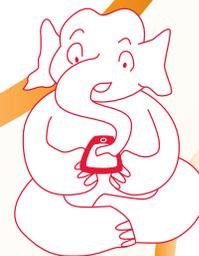
Pay attention to your breathing.

Begin a slow count to 4 as you **inhale**. Count to 4 as you **exhale**.

Breathe in...5.  
Breathe out...5.

Breathe in...6.  
Breathe out...6.

Release the counting and let your breathing return to its natural pace.



Share your moment by posting your pics on Instagram and tagging us **@mind\_the\_moment**

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**Feel refreshed?** Ask us about the other ways we're bringing mindfulness into everyday life (including your organization)  
**[mindthemoment@harvardpilgrim.org](mailto:mindthemoment@harvardpilgrim.org)**

*This mindfulness service announcement is brought to you by Mind the Moment, a program developed and offered by Harvard Pilgrim Health Care, Inc.*