

Mind Push-ups



Find a spot where you won't be interrupted
Set a timer or your phone for 60 seconds
At least 1 x daily do one of the following

There are three ways to do "Mind Push-Ups":

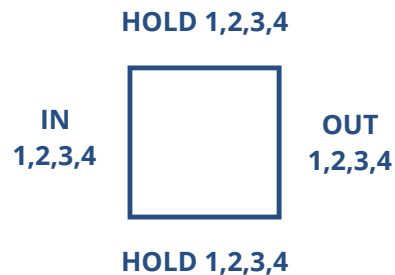
WAY #1



"Basic"

Count the number of breaths you take in 60 secs.

WAY #2



"Square Breathing"

Breathe in & count to 4 in your head (1,2,3,4)
Hold it & count 4 in your head (1,2,3,4,)
Breathe out & count 4 in your head (1,2,3,4)
Pause & count 4 in your head (1,2,3,4)
REPEAT!

WAY #3



"Affirmation"

As you breathe in, say to yourself: "*My mind is calm.*"
As you breathe out, say to yourself, "*My body is relaxed.*"