

# MINDFUL MICRO-BREAKS TO ADD TO YOUR DAY

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1

## BOX BREATHING

Inhale → Hold → Exhale → Hold  
(4 counts each)

2

## MINDFUL SIPPING

Sip water slowly, with full attention  
Add awareness to your water drinking

3

## POSTURE RESET SCAN

Mentally scan your body: adjust spine,  
shoulders, feet

4

## NATURE GLANCE

Look at a plant, tree, or the sky for 60  
seconds

