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Ten Short Everyday Mindfulness Practices

Take a mindfulness break in 5 minutes or less

If you've ever found yourself rushing from task to task with little time to consider how you'd like to proceed, these quick practices are just what you need to reset and steer your day into a better direction. It only takes a couple minutes to create some space in your daily routine. Try these short and sweet practices between phone calls, meetings, or other scheduled activities and make your life a little more mindful today.

Start today by [clicking here to create an account](#) with eM Life.

Program includes:



Box Breathing

Feeling stressed, or finding it hard to focus? Try this practice to clear your head and calm your nerves.

[Play Episode >](#)



Naming Emotions

We all get triggered by difficult emotions. Lessen the power by naming the emotion to keep calm and clear-headed.

[Play Episode >](#)



Connecting with Nature

Spend a few minutes in the natural world to wash away stress, and feel more grounded and alive.

[Play Episode >](#)



Getting Grounded

Plant your feet on the ground to get out of your thinking mind and be present in the moment just as you are.

[Play Episode >](#)



Being in the Body

If you're feeling scattered, go inwards and pay attention to your body to connect with yourself and the present moment.

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Being Kind to Ourselves

When times are tough, being self-critical only adds to our stress. Treat yourself with kindness and understanding to ease the discomfort.

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Finding Gratitude

Pay attention to the little wins and things that you appreciate to cultivate more joy in everyday moments.

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Savoring the Good

Direct your attention to a positive experience. This allows you to pause and truly appreciate the moment.

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Cultivating Inner Calm

Craving some calm? Deep breathing activates the parasympathetic nervous system and triggers the relaxation response.

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Tapping Into Beginner's Mind

Rediscover a sense of wonder and enjoy the world in a fresh new way by practicing curiosity with small everyday things.

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