

# RELAX & RECONNECT

The 3-Minute Reset to Reduce Stress and Reconnect with Life

**Minute One** - Close your eyes, place one hand on your heart and one hand on your belly. Hold this pose throughout the exercise.

**Minute Two** - Take a deep breath. Then another. And one more.

**Minute Three** - Think of something you're grateful in this moment. Think of another. And one more.

Now, get back to your day feeling more relaxed and able to connect with the world and people around you.

