

BE GOOD TO YOURSELF WELL-BEING TIPS



Meditation is a powerful tool in relieving stress and promoting serenity, and Martin Boroson's One-Moment Meditation® (OMM) is a proven tool to help you regroup in a short amount of time.

Try it today by following these 9 easy steps!

1. Sit down.
2. Plant your feet on the floor.
3. Sit up.
4. Start the timer.
5. Put your hands in a balanced position.
6. Close your eyes.
7. Focus on your breathing, moment-by-moment. (If you get distracted, don't worry, this is normal. Just think, "Hmm," and enjoy the next breath, as if it were the first one.)
8. When the timer sounds, stop.
9. Open your eyes gradually.