



# Need a Minute?

## How to reset in 60 seconds

01

### STOP

Stop what you are doing and sit, preferably with your spine straight and your arms and legs uncrossed.

02

### FOCUS

Focus your eyes up and between your brows, where the "third eye" is located.

03

### INHALE

Inhale through your nose for five seconds.

04

### HOLD

Hold your breath in for five seconds.

05

### EXHALE

Exhale through your mouth for five seconds.

06

### REPEAT

Repeat this set of inhaling, holding, and exhaling three more times for a total of 60 seconds.

Your mind will feel more refreshed after practicing this breathing exercise.