

Mindful Mentors Program at CNH

Are you feeling a bit drained?

**TAKE A BRIEF PAUSE
AND RECHARGE!**

The Mindful Mentors are here for you with a variety of 2 minute techniques to recharge your mind, body, and spirit.



Scan the QR code, select and enjoy!



Children's National.



Moment of Mindful Meditation

Please join me in silencing your cell phone, watch, or electronics for a moment.

**Find a comfortable sitting position.
Plant your feet on the ground
Sit upright
Drop your shoulders and breathe.**



**"Mindfulness is actively noticing new things about the things we know."
-Ellen Langer**

Take Home Activity: Breathing with Finger Tracing



Have questions or want more info? Scan this QR code or email Crystal Thomas at ctthomas2@childrensnational.org

