



Practicing mindfulness can lead to greater emotional balance and a sense of inner peace, promoting overall psychological well-being.



MINDFUL BREATHING

Focus on your breath, count your breaths, and be aware of your breath going in and out.



MEDITATION

Take time to sit in stillness and focus on your breath and repeat positive affirmations to yourself, such as "I am strong and capable."



GRATITUDE PRACTICE

Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in.



BODY SCAN

Focus your attention on different parts of your body and notice the sensations as you move through each one.

Begin your meditation journey by searching for [CALM](#) on the App Store or visiting [@themeditationHQ](#) on Instagram.