

CONCENTRATION BREATHING

Focusing on breathing helps us to stay calm.
We can use meditation as a way to deal with upsetting situations.

1. Focus on a single point in the room.
(rain or wind on the window, candle flame, etc.)
2. Push out the million other thoughts whizzing through your mind
3. Let the stress and anxiety that comes with it leave
4. Continue for 5-10 minutes

This meditation will improve stress and concentration AKA no more procrastination!

How do you feel after?

