

MANTRA MEDITATION

Find a positive mantra that inspires and calms you.

1. When meditating, take a deep full breaths
2. As you release each breath, either say or think the mantra you chose
3. Repeat for 5-10 minutes.

Remember to tell your family to not disturb you during this time. Having someone barge into your room and screaming "WILL YOU BE QUIET" kind of kills the vibe.

How do you feel afterwards?