The well-being of the students, staff, and faculty at UW-L is paramount. Improving state of mind, health, and safety takes commitment, but doesn’t have to be time consuming. Take 5 minutes for your health.

#UWL Take a Break

Mindfulness meditation can be used for self-awareness, relaxation, and for training one’s attention. Use body scans as a way to get in touch with the body, let go of feelings, and release pent-up emotions.

**Take a break with meditation: Body scans.**

- Sit with both feet on the floor and your arms loosely hanging at your sides. Close your eyes. Focus your attention on your breathing. Take a few deep breaths, exhale slowly.
- Mentally scan your body, starting at your toes, moving up your body. Notice areas that feel tense or cramped. Quietly loosen them. Let go of as much tension as you can.
- Rotate your head in a smooth, circular motion once or twice.
- Roll your shoulders forward and backward several times. Let all of your muscles completely relax.
- Recall a pleasant thought, event, place, color or smell.
- Take deep breaths and exhale slowly.

Brought to you by the Division of Student Affairs, Student Life Wellness Resource Center