

STAY PRESENT & MINDFUL

LIVE IN THE CURRENT MOMENT TO SAVOR EACH AND EVERY DAY

1-minute meditation



mystrength.com/r/1min

A simple way to focus your mind



mystrength.com/r/simple-focus

Observe the world



mystrength.com/r/observe

Mindful yoga



mystrength.com/r/mindful-yoga

Notice your breath



mystrength.com/r/mindful-breathing

Mindfulness 101



mystrength.com/r/mindfulness

My plan:

Where will I access myStrength?

When will I use myStrength?
