Clear Your Mind & Improve Your Mood in Mere Minutes.

Try Take 5 to Focus, a new mindfulness and meditation program on the MHealthy Portal.

Join Take 5 to Focus to reduce stress, become more mindful, and practice self-care. It’s easy.

Just watch a guided mindfulness recording once a day. Each one is only about 5 minutes and your progress is tracked automatically.

So “Take 5” at least once each workday between **November 15** and **December 12** and make mindfulness part of your daily routine.

**Take 5 to FOCUS**

**SIGN UP NOW**

mhealthy.umich.edu/take5