



Take a Moment for Rest & Improve Your Mood.

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

Join Take 5 to Focus to reduce stress, refocus your attention, and practice self-care.

Just watch a few guided mindfulness recordings each week. Each recording is only about 5 minutes and your progress is tracked automatically.

So "Take 5" three times a week between October 13 and November 9.



Take **5** to **FOCUS**

SIGN UP NOW

mhealthy.umich.edu/take5