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 video 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 14 and December 11 and make mindfulness part of your daily routine.

Take 5 to FOCUS
SIGN UP NOW

mhealthy.umich.edu/take5
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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
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