



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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