

# 1 Minute of Mindfulness

## Shoulder Shrug

Sit in a comfortable position, eyes closed or looking down at your hands on your lap.

Begin with a few rounds of natural breath.

On your next inhale, do an exaggerated shoulder shrug up to your ears.

On the exhale, release your shoulders down.

Repeat at least 3 times or more if you like.

Notice the difference between your raised, tensed shoulders and your soft, relaxed shoulders.

Return to normal breath.