



# Clear Your Mind & Improve Your Mood in Mere Minutes.

**Try Take 5 to Focus, a 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 April 22 and May 19 to make mindfulness part of your daily routine.



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

**SIGN UP NOW**

[mhealthy.umich.edu/take5](https://mhealthy.umich.edu/take5)