

# 3 tools of Meditation + Mindfulness to have in your THRIVE toolkit

<b>BREATH</b>	TRY THIS: Stop what you are doing. Close your eyes. Take 3 slow deep breaths in through your nose and out through your mouth.
<b>MANTRAS</b>	TRY THIS: Stop what you are doing. Close your eyes, and repeat 3 times the phrase: "All things work together for my good."
<b>SELF-COMPASSION</b>	TRY THIS: Take one hand and place it on your heart. Close your eyes. Let yourself feel the warmth. Let yourself feel the love that exists for you.

How do you feel? If you repeat one of these actions just 1x per day, this is what will happen:

1. Your body will be more relaxed.
2. Your brain will be able to think more clearly.
3. Your blood pressure will drop.
4. Your stress will decrease.
5. Your mood will improve.

So simple. but so powerful!

@meditationwithJesika