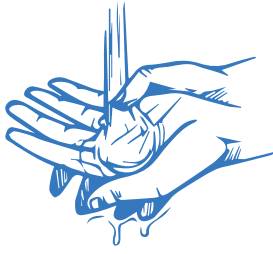


Practice mindfulness while you protect yourself from COVID-19.

Experts say you need to wash your hands for 20 seconds to really get rid of those germs. To lighten your mood and have a little fun with all that hand-washing, use this little meditation poem.

Link your breath to the words of the poem. Repeat it twice, which is 6 full breaths, and about 20 seconds. Change the words if you like. Check your skepticism and give it a go. See what you notice. We figure we might as well get a little mindfulness practice in while we are washing up!



Breathing in,
I feel the warm water on my hands.



Breathing out,
I feel the slippery soap on my hands.



Breathing in,
I rub my hands together.



Breathing out,
I release tension.



Breathing in,
I feel my hands touching each other.



Breathing out,
I smile.

For more free resources on cultivating resilience during COVID-19 crises, visit:

student.korumindfulness.org



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