

# RESILIENCY

## Resiliency During Crisis: 2 Minute Meditation



“Brilliant things happen in calm minds. Be calm. You’re brilliant.”

– Unknown

## 2-Minute Meditation. Try It!

1. Start by closing your eyes.
2. Breathe in slowly through your nostrils for four seconds.
3. Hold your breath for another four seconds.
4. Exhale slowly through your nose for four more seconds.
5. Repeat.

Do you feel like it’s impossible to squeeze meditation into your day? Why not start small? Meditation is simply stopping the mind’s wandering. When you meditate try to focus only on your breathing. Let everything else fade into the background. Do this breathing exercise three more times today.

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available  
Visit the [BJC COVID-19 site](https://covid19.bjc.org) for additional Wellness Resources – [covid19.bjc.org](https://covid19.bjc.org)