

FACTS:

Research shows meditating for 5 to 25 seconds can decrease stress and anxiety.

25 SECONDS

Let's change how we manage our mental health.

Get more facts and find support at bcbsm.com/mentalhealth.

Source: Amster and Eagle, "Stuck at Home? How to Find Awe and Beauty Indoors," Greater Good Magazine, April 15, 2020.

