



# Counting Meditation

# Meditation Preparation



Silence your phone



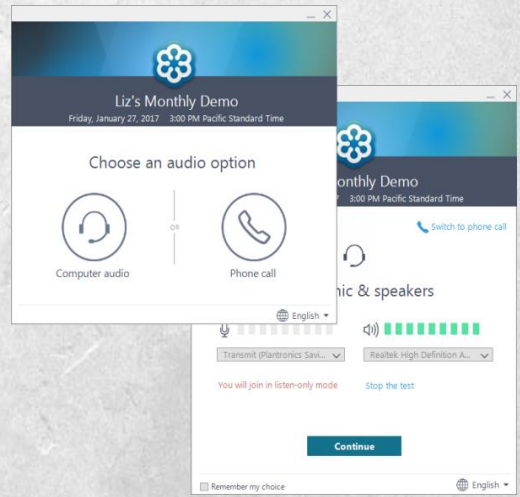
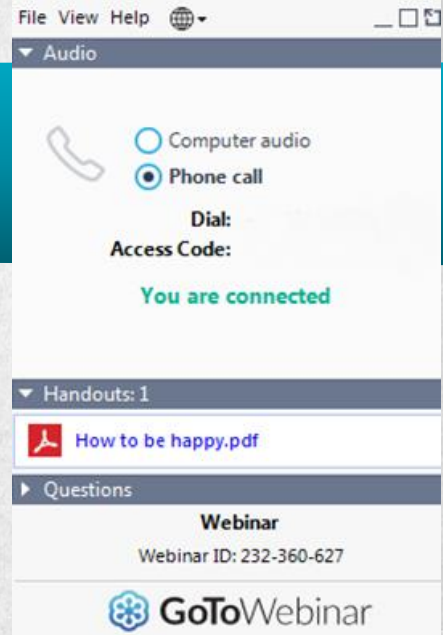
Exit out of email



Create a quiet Space



Play music







# Stressful Events Calendar

- Keep track of stressful events
- Practice mindfulness and learn to become an observer during stressful moments



# Contact:



[Kfogler@millenniumenterprises.net](mailto:Kfogler@millenniumenterprises.net)