



Be still. Take a deep breath in. Now let it out. These three small steps are the foundation of most mindfulness practices, from meditation to yoga. Taking a moment to slow down and clear our minds is a powerful way of combating stress and anxiety, overcoming creative blocks, and controlling negative emotions. This is especially true if we have experienced trauma or are struggling with addiction, as our experts outline in this week's resources.

Also in this campaign:

- Mental Health and Your Body
- Mental Health at Work
- Mental Health and Relationships

Get started with the Campaign : What Does Your Mental Health Look Like?

[START](#)