

breath

Try 1-to-2 Breathing
to Reduce Stress:

Inhale for a count of 3 or 4
then exhale for a count of 6 or 8.

Take 4 breaths this way.

Community Wellness
at MIT Medical

E23-385

Meditation posters are offered by Community Wellness at MIT Medical. We provide expertise, health resources, and programs specifically designed for the MIT community. We also collaborate with our partners to create an environment supportive of health and wellness across the whole Institute. More info: mit.edu/wellness