



let go

Take a deep breath in.

As you exhale, think of the words:
“Let go.” Try taking 4 “let go”
breaths, lengthening the exhale
each time.

Community Wellness
at MIT Medical

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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