2 Minute Mindfulness Exercise

January and February can be emotionally taxing. A lack of sunlight (and that vitamin D that goes along with it) combined with a hectic workday, long shifts, kids cooped up in the house, or a myriad of other things can leave us all feeling taxed. Here is a simple two minute mindfulness exercise you can do anywhere:

1) Find a calm, quiet place
2) Sit in a comfortable position, either with your feet on the floor or loosely crossed
3) Close your eyes and concentrate on your breathing. Focus on the in and out.
4) If you notice your mind wander, bring it back.
5) Clear your thoughts as often as needed.
6) When you’re ready, open your eyes.
7) Take a moment to check in on your emotions before you return to shift, family, etc.
8) Repeat as often as needed.

And if that’s not quite enough, chocolate is a natural mood booster!

Brownie Bites
Satisfy your sweet tooth without destroying your diet! These are only 44 calories for each mini muffin and they are perfect for sharing!

1 Egg
½ cup unsweetened applesauce
3 tbsp sugar substitute
3 tbsp cocoa powder
½ cup almond flour
½ tsp baking powder
¼ tsp baking soda
¼ tsp vanilla
Pinch of salt
1 tbsp mini chocolate chips

Makes 15 mini cupcakes. 44 Calories Each. Total Fat: 3.1g saturated fat .07g Cholesterol Sodium 12.3mg Carb 3.7g Fiber .8g Sugar 2.1g Protein 1.4g