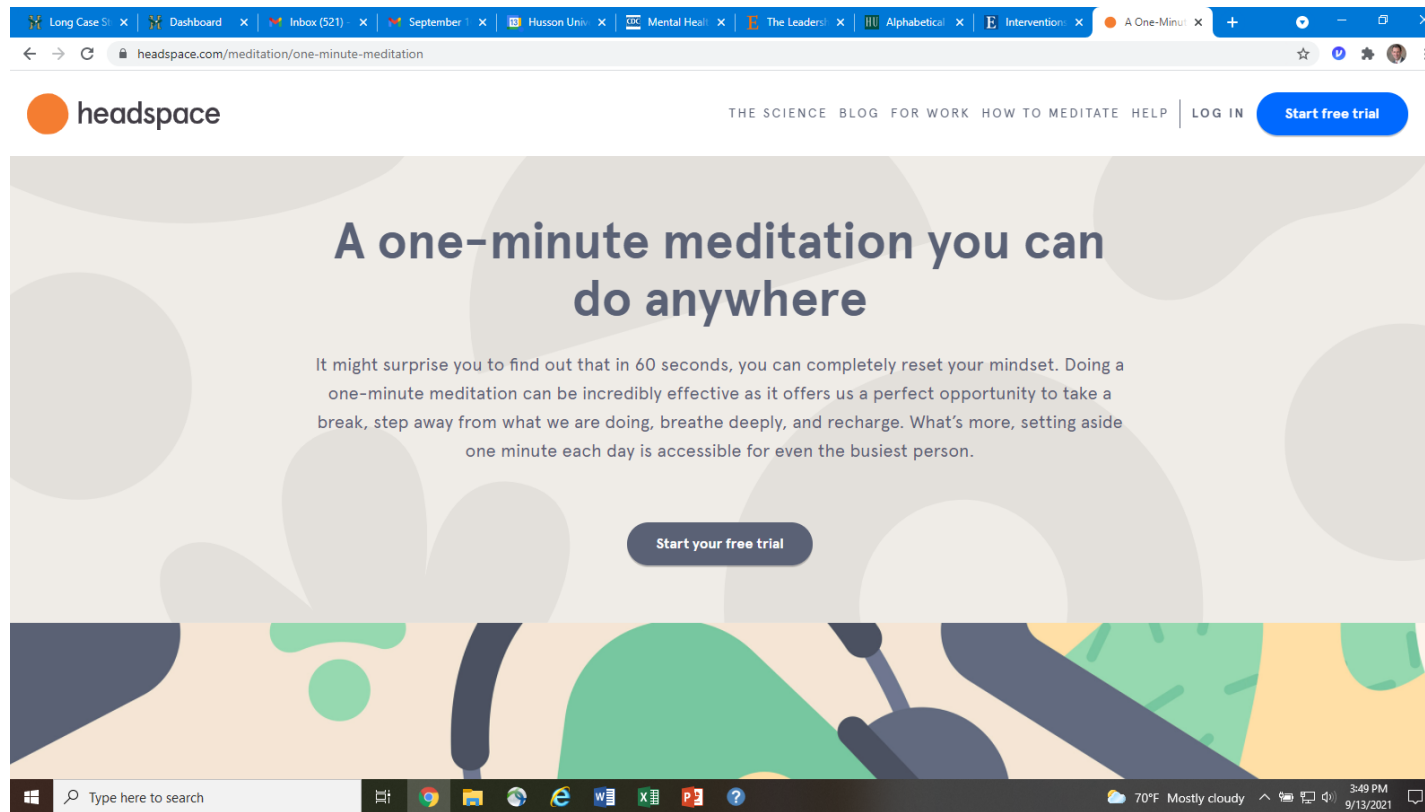


Leaders, how to incorporate Relaxation into the Workplace

[You Tube Headspace one minute relaxation - Google Search](#)



The screenshot shows a web browser window with the URL headspace.com/meditation/one-minute-meditation. The page features the Headspace logo and navigation links: "THE SCIENCE", "BLOG FOR WORK", "HOW TO MEDITATE", "HELP", "LOG IN", and a "Start free trial" button. The main heading reads "A one-minute meditation you can do anywhere". Below this, a paragraph states: "It might surprise you to find out that in 60 seconds, you can completely reset your mindset. Doing a one-minute meditation can be incredibly effective as it offers us a perfect opportunity to take a break, step away from what we are doing, breathe deeply, and recharge. What's more, setting aside one minute each day is accessible for even the busiest person." A "Start your free trial" button is centered below the text. The browser's taskbar at the bottom shows the Windows search bar, taskbar icons for Chrome, File Explorer, Edge, Word, Excel, and PowerPoint, and system tray information including 70°F, Mostly cloudy, 3:49 PM, and 9/13/2021.