Leaders, how to incorporate Relaxation into the Workplace

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A one-minute meditation you can do anywhere

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.