

# FACTS:

Research shows meditating for 5 to 25 seconds can decrease stress and anxiety.

# 25 SECONDS

## Let's change how we manage our mental health.

Get more facts and find support at [bcbsm.com/mentalhealth](https://bcbsm.com/mentalhealth).

Source: Amster and Eagle, "Stuck at Home? How to Find Awe and Beauty Indoors," Greater Good Magazine, April 15, 2020.

