

A Gift From

NICOLE HAVELKA
CONSULTING
MINDFUL LEADERSHIP



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3 SELF-CARE PRACTICES

You Can Do in 5 Minutes



Count the length of your inhales and exhales.
Even out the length of each.

Starfish pose. Bring your hands to your hips.
Feel into your feet. Straighten your spine.



Take a walking meditation break focusing
on breath and physical sensation.