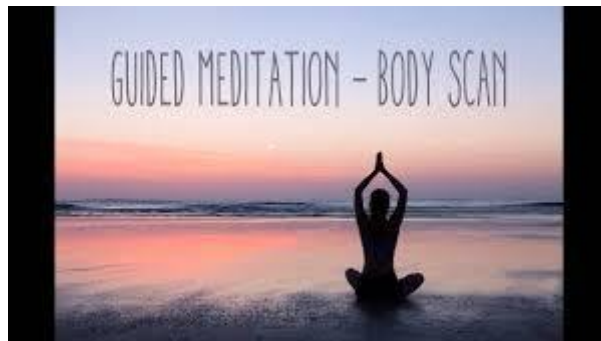


## Progressive body scan meditation



Much evidence has been found to suggest meditation can promote emotional and physical health. Today's wellbeing me@3 exercise focuses on Progressive body scan meditation. Below are two guided meditation links, one is 5 minutes long, the other is 30 minutes long. Depending on the time you have, you can choose which you'd prefer to do. Just giving yourself 5 minutes to stop and relax will help you to feel and focus better.

Find a comfortable position and enjoy!

[5 minute progressive body scan meditation](#)

[30 minute progressive body scan meditation](#)