**Social Media Posts - Five Minutes of Meditation Can Help Stress Levels All Day**

**Facebook:**

**1.** Meditation is one of the best stress-busting activities you can do. Even just a five-minute session can reduce your stress levels all day! LINK

**2.** A five-minute meditation each day can do wonders for your stress levels. Here’s how LINK

**3.** Think you need to spend hours sitting in a quiet room to meditate? Think again! Here’s some great ways to enjoy the stress-reducing benefits of a five-minute meditation LINK

**4.** If you want to reduce stress through meditation, choosing the right time of day can be important. Here’s why LINK

**5.** Meditation forces you to focus on your breathing. Just this simple act alone makes it an awesome stress reliever LINK

**Twitter:**

**1.** Try out these awesome tips for a stress busting five-minute meditation LINK

**2.** Want to try meditation to reduce your stress? Here’s how LINK

**3.** A five-minute daily meditation can really ease the mind and lower stress LINK

**4.** Did you know the time of day you meditate can make a difference? LINK

**5.** It’s amazing how much a five-minute meditation can reduce stress levels LINK