



PAUSE. BREATHE. REFLECT.

A grateful patient wants to give back to UNM after UNM saved his life. He has developed a wellness app called Pause Breathe Reflect, which has brief exercises for breath, mindfulness, reflection, and others.

You can get a year-long *free subscription*, just use your smartphone to access the link below and follow the instructions.

1. Check your inbox for your log-in credentials. If you don't see it, check your spam.
2. Download the app from the [App Store](#) or [Google Play](#).
3. Open the app and log-in using your credentials (note, you don't have to create an account, just log in).

Begin to bring mindfulness to your everyday moments. Now pause, breathe, and reflect!

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