

# Anxious?

**MCA**  
KANSAS CITY

MECHANICAL  
CONTRACTORS  
ASSOCIATION

Try This Now.

Call 707-873-7862

Option 3 for a pep

talk from

kindergarteners.

# A Micro Moment

Pause. Breathe. Try This.

## Hand on Heart

1. Place your hand on your chest.
2. Feel your breath rise and fall.
3. Notice the warmth.
4. Stay with it.  
Breathe slowly.
5. Let your body settle.