

*(To translate this text, copy and paste into [Google Translate](#).)*

Hi, my name is Sandy Seidel, and as an Assistant Dean and faculty member in the College of Arts and Sciences, I'm grateful for the opportunity to participate in the 1% Challenge in eM Life this fall. The practices are both practical and helpful. Taking 14 minutes to relax my mind and come into my body during the workday, allows me to return to tasks with greater attention and greater focus. It is quite amazing how a simple guided practice for a mere 14 minutes a day facilitates my well-being and resilience. Thanks to the 1% Challenge, I continue to cultivate the mindfulness superpowers of gratitude and kindness, which I also share with my students in the classroom.