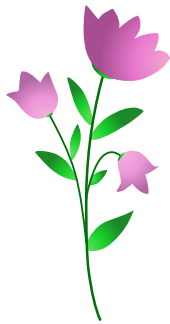
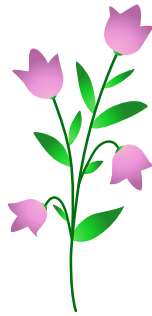


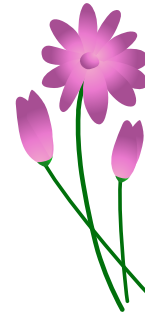
What is Mindfulness?



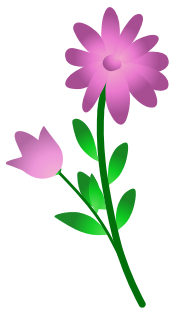
Being present
in the moment



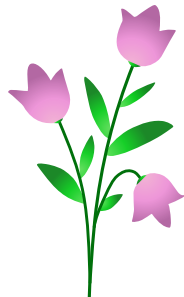
Paying attention
to the senses



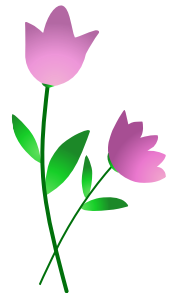
Practising
self-compassion



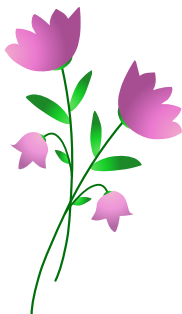
Connecting with
nature



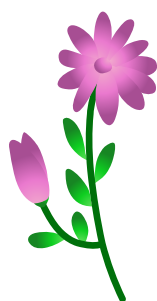
Taking a slow
gentle walk



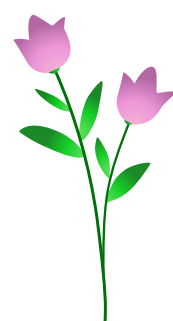
Accepting your
feelings



Listening to
soothing music



Checking in with
your emotions



Writing softly
in a notebook