

# MINDFULNESS



Breathe

CLOUD GAZING

exercise

Spend time with nature

Open mind

Walk BAREFOOT

RELAX  
RELAX  
RELAX

guided meditation

FORGIVE  
FORGIVE  
FORGIVE

Plant

Cook

Take things for a...

eat with friends

Take a bath

listen

# Pro Mindfulness Meditation

**S Ashworth**



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