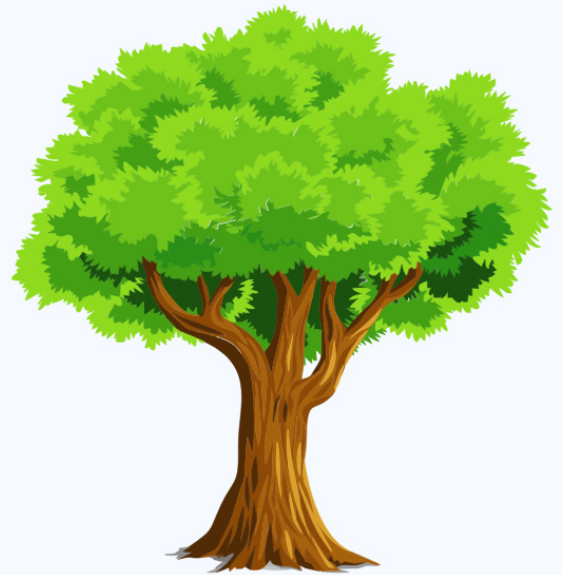


HOW TO PRACTICE MINDFULNESS

- **FOCUSED BREATHING**
- **BE STILL**
- **EMPTY YOUR MIND**
- **NOTICE YOUR SENSES**



- **MOVE YOUR BODY BY STRETCHING AND PRACTICING YOGA**
- **PAY ATTENTION TO THE TEXTURE, FLAVORS, AND TEMPERATURE OF YOUR FOOD WHEN EATING**



- **GET OUTSIDE IN NATURE**
- **PRACTICE GRATITUDE**
- **JOURNAL**
- **MEDITATE**

