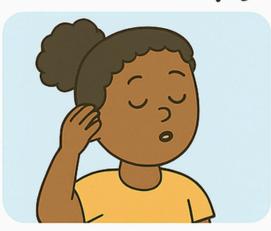
WAYS TO PRACTICE MINDFULNESS



Breathe deeply



Go for a walk



Use your senses



Draw and color



Listen to music



Be in the moment