

Mindfulness

Mindfulness is about focusing on the present, being aware of your surroundings without judgement. It can help reduce anxiety levels and stress.

One simple mindfulness exercise is to notice what you are experiencing through your five senses. As your mind begins to concentrate on these things, it will be less focused on what is making you anxious or worried.

IDENTIFY
FIVE THINGS
YOU CAN SEE



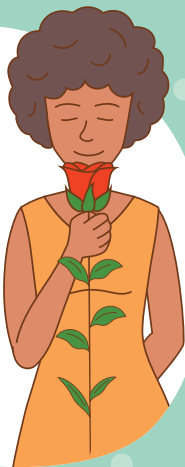
IDENTIFY
FOUR THINGS
YOU CAN HEAR



IDENTIFY
THREE
THINGS
YOU CAN
FEEL



IDENTIFY
TWO
THINGS
YOU CAN
SMELL



IDENTIFY
ONE THING
YOU CAN TASTE

