Mindfulness Guide

1

Find a comfortable, quite place and start to relax. 2

Notice your breath. Be aware of it without trying to change it. 3

Slow deep breaths in and out. Continue for as long as feels relaxing.

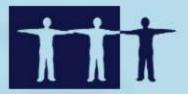
4

When you notice your mind wander, bring your attention back to your breath.



5

When complete, slowly bring your attention back to your surroundings.



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