

# A MINDFUL MINUTE



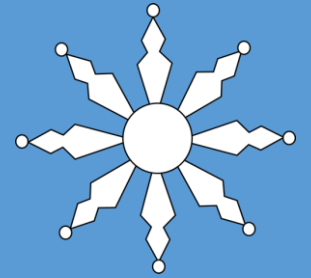
What can I hear?

What can I smell?

What can I feel?

What can I see?

What can I taste?



Take one minute, concentrate and fill your mind with what is happening right now. All your worries will disappear and you will feel calm and relaxed.

