

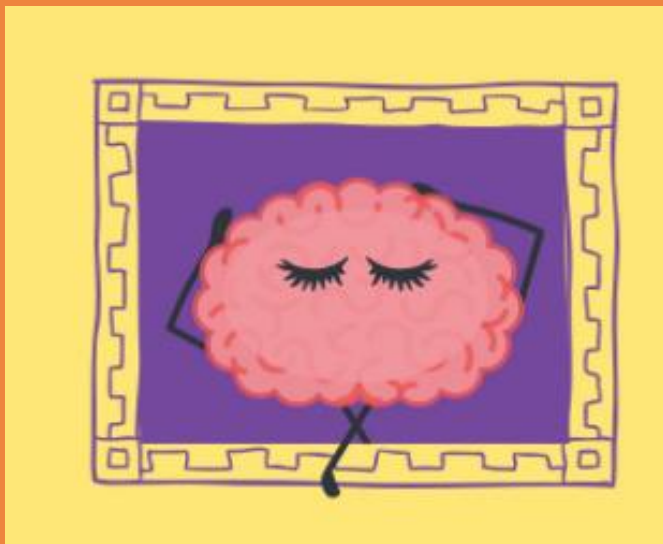
What is Mindfulness?



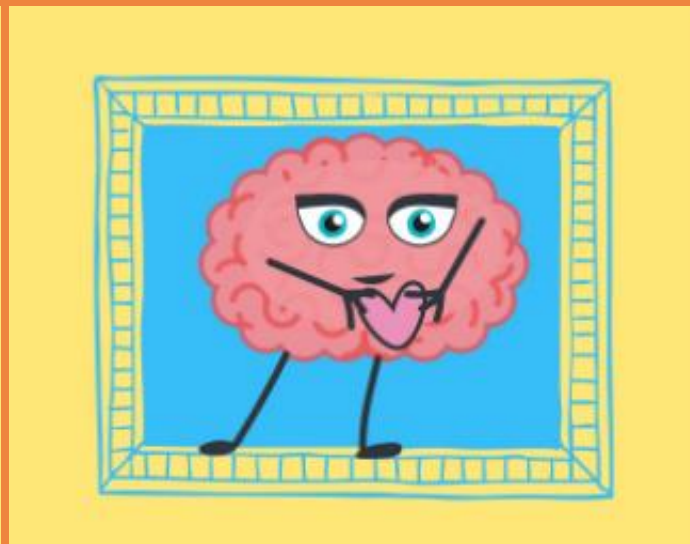
Mindfulness means doing short activities that relax our busy brains and keep them healthy.

It can make us feel calmer and happier.

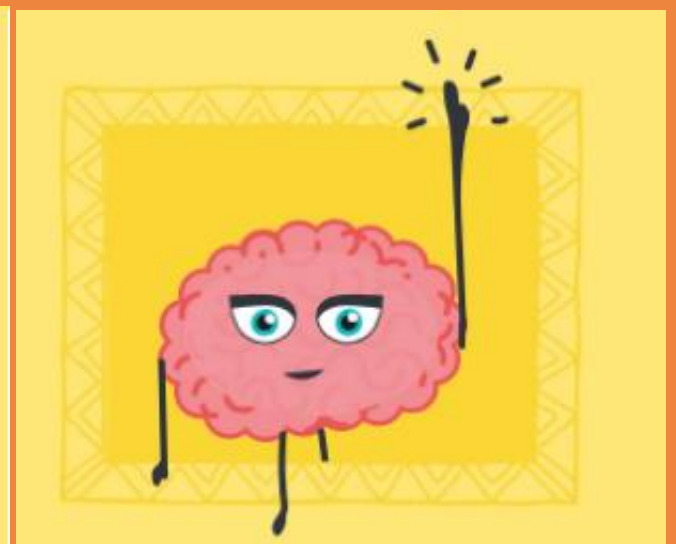
In Mindfulness we focus on what is happening NOW, in our minds, our bodies and all round us.



In our minds



In our bodies



All around us