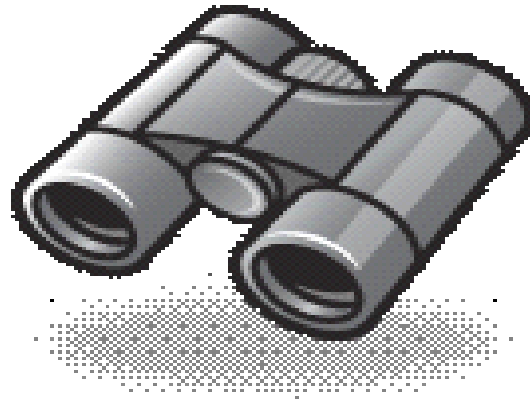


MINDFULNESS - What you do to be mindful

OBSERVE:



JUST

Pay attention
to the world
to your body
to your mind



MINDFULNESS - What you do to be mindful

DESCRIBE:

Put words on it

I was thinking



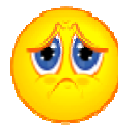
I was feeling



Sick



Mad



Sad



Embarrassed



Happy

My body was feeling



MINDFULNESS - What you do to be mindful

PARTICIPATE:



Enter into the experience

Feel what you are feeling

Think what you are thinking

Do what you are doing

Don't try to stop anything, JUST~

PAY ATTENTION!

