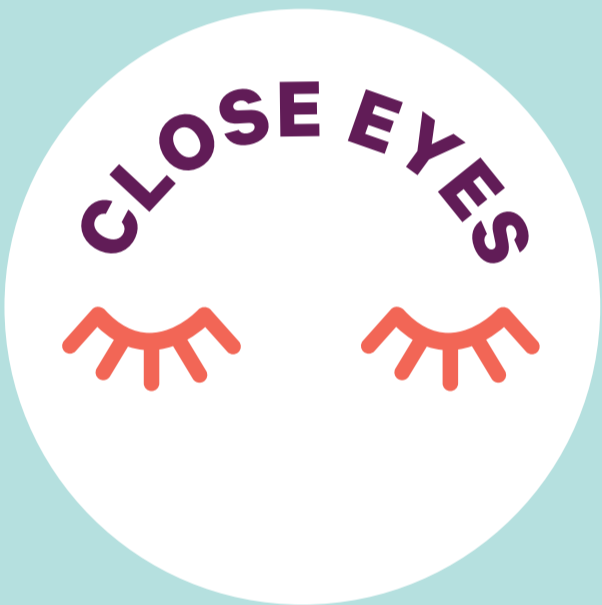
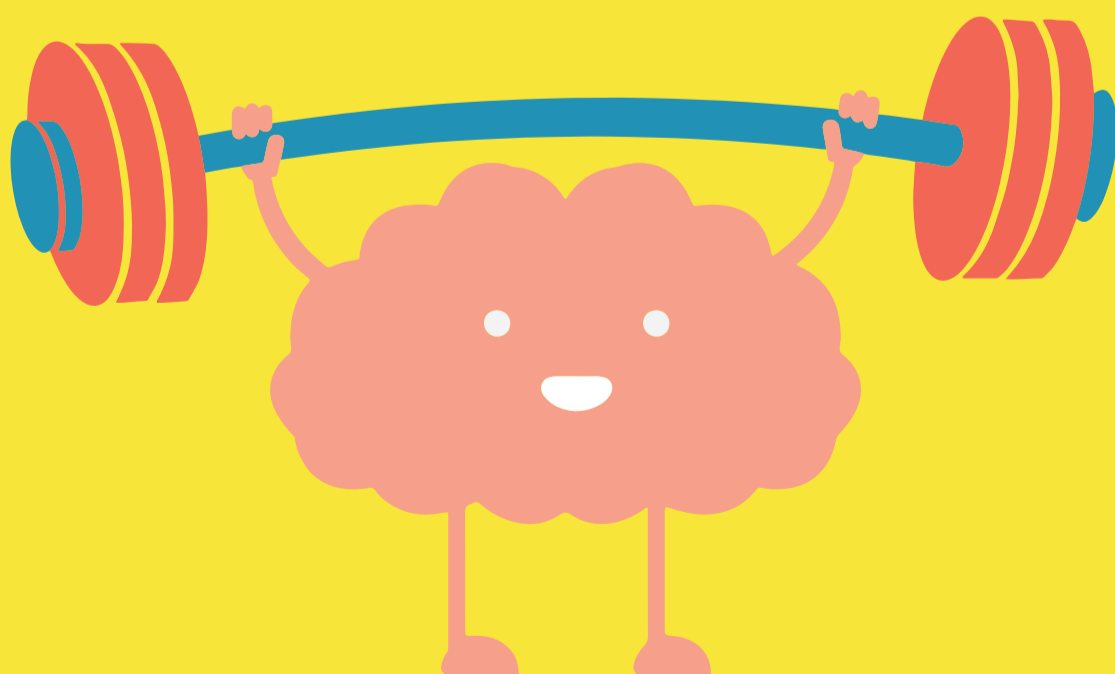


**Make sure you
listen to others
without judging.**



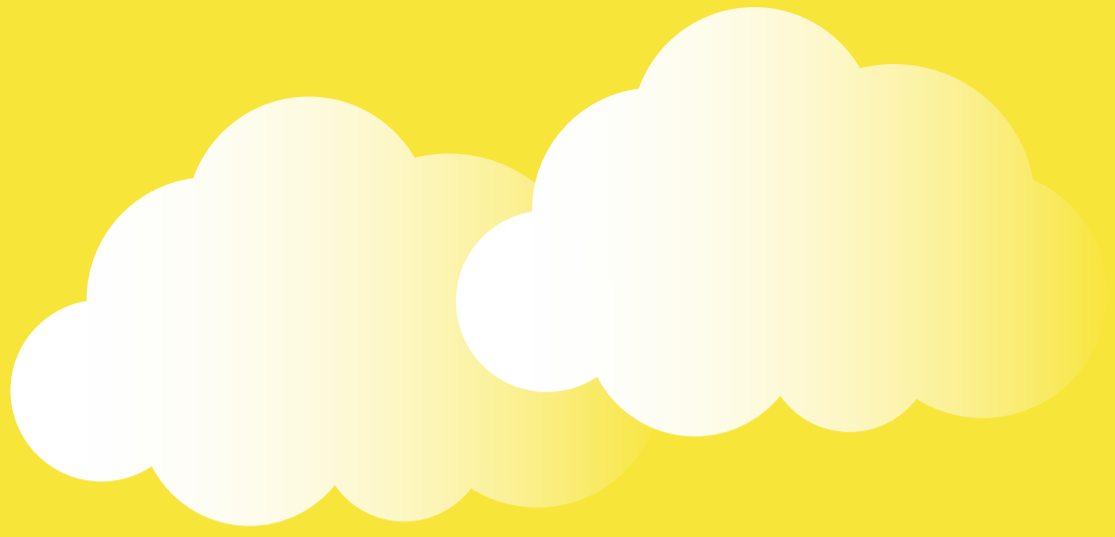


**Mindfulness
is like gym
for the mind**





Let your mind thrive.



**Mindfulness
is a practise,
which grows
like a tree that
needs water
and sunlight.**

Let your mind thrive.



**Mindfulness
is inside you,
around you
and with you.
You just need
to let it in.**

Let your mind thrive.



**Mindfulness
is noticing the
things around
you and being
in the moment.**

Let your mind thrive.



**Mindfulness
helps you to
focus on the
people and
things you
care about.**

Let your mind thrive.



**Mindfulness
is a place
inside you,
where you
are safe and
strong.**

Let your mind thrive.

