

If you feel anxious, angry, sad or worried then take one minute to focus on your senses.

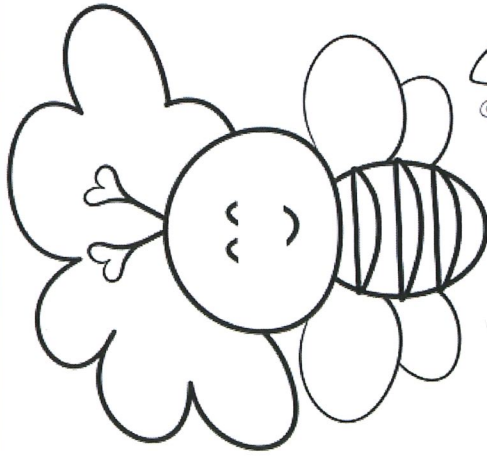
5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste



Take a

Mindful

Minute



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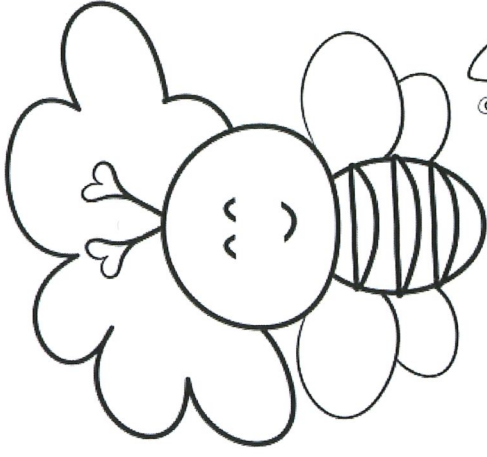
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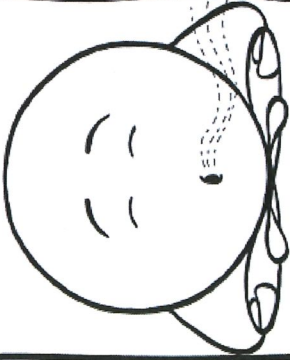
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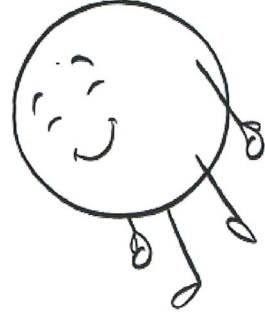
3 things you can feel

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