

MINDFULNESS ALPHABET



A AWARENESS OF YOURSELF & SURROUNDINGS



B BELIEVE IN YOURSELF



C CALM & RELAXED



D DAYDREAM & LET YOUR THOUGHTS WANDER



E EMPATHISE WITH YOURSELF



F FEEL & ACKNOWLEDGE YOUR FEELINGS



G GRATITUDE - BE THANKFUL FOR WHAT YOU HAVE



H HAPPINESS - LET YOURSELF BE HAPPY



I IMAGINATION (USE YOURS)



J JOY (BE JOYFUL)



K KINDNESS TO YOURSELF & OTHERS



L LISTEN TO WHAT IS HAPPENING NOW



M MEDITATE & LEARN HOW TO RELAX



N NATURE - ENJOY ALL THE NATURE AROUND YOU



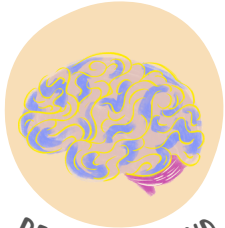
O OPEN YOUR MIND TO THE SENSATIONS AROUND YOU



P PEACE - (FIND PEACEFULNESS)



Q QUIET - FIND A QUIET PLACE WITH NO DISTRACTIONS



R REST YOUR MIND FOR A MINUTE



S SEE WHAT IS AROUND YOU RIGHT NOW



T TIME - BE HERE NOW IN THE PRESENT MOMENT



U USE YOUR SENSES



V VISUALIZE YOUR HAPPY PLACE



W WELLBEING - LOOK AFTER YOURS



X EXHALE SLOWLY



Y YOGA - LEARN SOME EXERCISES



Z ZEN - BE AT PEACE

YOU ARE INTELLIGENT

