


Tips for  
**Mindfulness**


»»»»»»»»»» everyday ««««««««««

Slow down  And..

 notice your thoughts & feelings  
With... non-judgment & acceptance

While...  
focusing on your breath 

 And... staying in the moment

To...   
let go of past/future thinking.

5. STAY IN THE MOMENT

4. FOCUS ON BREATH

3. PRACTICE ACCEPTANCE

2. NOTICE THOUGHTS & FEELINGS

1. SLOW DOWN

Everyday mindfulness in 5 steps

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