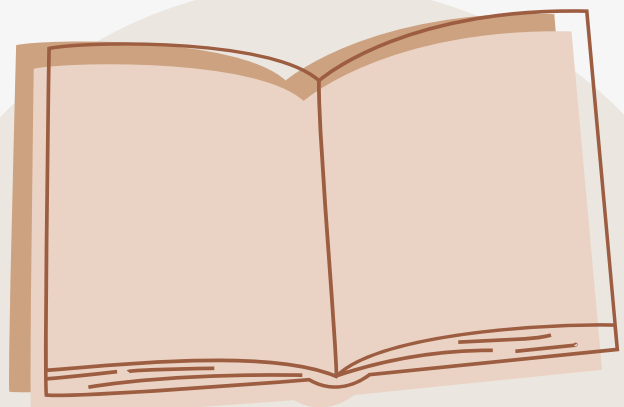


Mindfulness

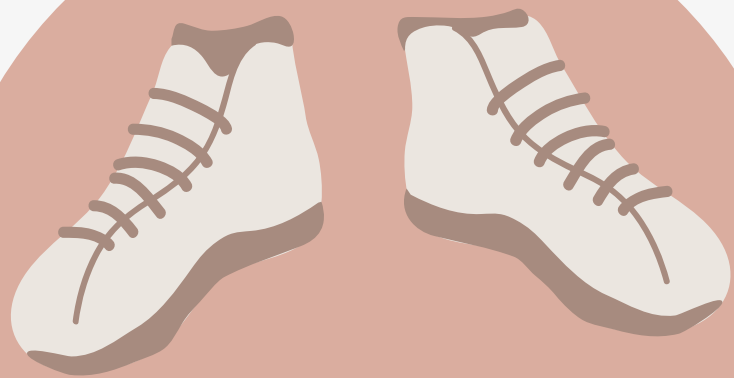
BASED STRESS REDUCTION



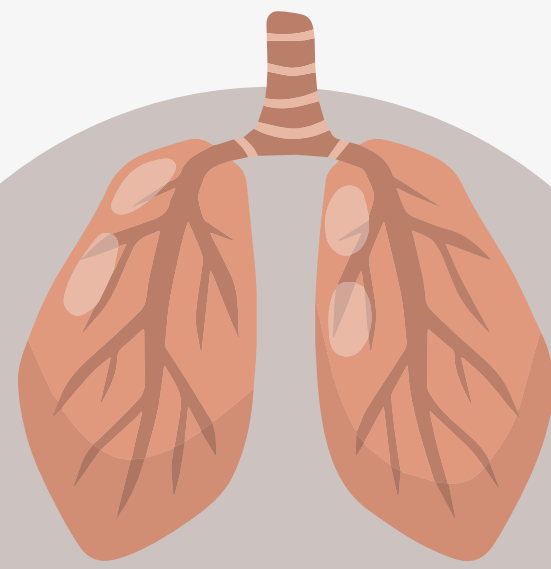
GRATITUDE
JOURNALING



GROUNDING



MINDFUL
WALK



DIAPHRAGMATIC
BREATHING



EAT
MINDFULLY



YOGA