Image references-

<https://www.freepik.com/free-vector/hand-drawn-mindfulness-concept-with-characters_16692663.htm#query=mindfulness&position=0&from_view=keyword&track=sph>

<https://www.health.harvard.edu/blog/the-mental-health-crisis-among-children-and-teens-how-parents-can-help-202203082700>

<https://www.pexels.com/photo/man-in-black-suit-jacket-sitting-on-brown-wooden-chair-4100665/>

<https://www.pexels.com/photo/concentrated-ethnic-female-psychologist-talking-to-client-5699471/>