

# MINDFULNESS

Breathe

CLOUD GAZING

exercise

Spend time with nature

Open mind

Walk BAREFOOT

RELAX  
RELAX  
RELAX

guided meditation

Plant

COOK

Take things for granted

eat with friends

Take a bath

listen

FORGIVE  
FORGIVE  
FORGIVE



# Pro Mindfulness Meditation

**Wayne B. Jonas, Jeffrey S. Levin, Brian  
Berman**

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