

BODY

LISTEN!
YOUR BODY IS TRYING
TO TELL YOU SOMETHING.

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REFLECTIONS

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**THOUGHTS ARE
JUST THOUGHTS.**



MOTIONS

**SURF THE WAVES
OF YOUR EMOTIONS.**

ATTENTION

ATTENTION TO BODY,
THOUGHTS, AND
FEELINGS IS GOOD
STRESS REDUCTION.



ENDERNESS

ake it as it is.

**LEARN TO BE KIND
TO YOURSELF.**



HEALTHY

**habits of
mind**

**FINDING WAYS TO PRACTICE
MINDFULNESS IN YOUR LIFE
REDUCES STRESS AND
INCREASES INNER STRENGTH.**



EMPOWERMENT

**GAIN THE
INNER EDGE!**