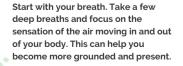


## MINDFULNESS FOR MENTAL HEALTH

Cultivating awareness and inner peace

Mindfulness is the practice of being present and aware in the moment. It can help reduce stress and anxiety, improve mood, and promote overall well-being. Here are some tips to help you cultivate mindfulness.





Practice mindful meditation. Set aside a few minutes each day to sit in quiet reflection. Focus on your breath, body sensations, or a mantra to help you stay present.



Engage your senses. Take a few moments to notice the sights, sounds, smells, and tastes around you. Engaging your senses can help bring you into the present moment.

## Mental health check in

DATE	WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?
HOW ARE YOU FEELING TODAY?	0
	0
	0
	WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?
HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?	THINGS THAT TRIGGERS NEGATIVE EMOTIONS
	0
	0
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	MY RANKING OF MY MENTAL
	HEALTH THIS WEEK