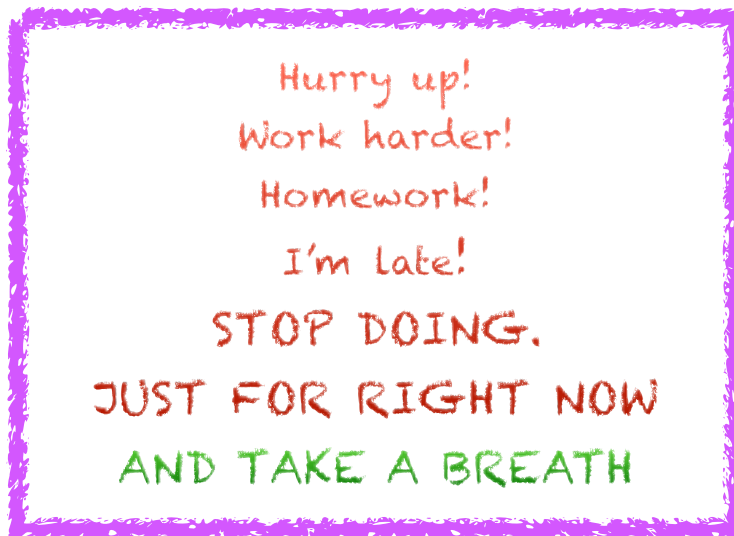


Mental health and well-being weekly #2

Mindfulness thought for the week



Mindfulness saying of the week:

I am brave!

Mindfulness challenge

When you go to bed, think of 3 good things that have happened that day. This sends you off to sleep with positive thoughts in your head.

Have a great weekend!

