

## Mental health and well-being weekly #5

### Mindfulness thought for the week

That was then, and this is now.  
Even though this memory makes me feel  
upset, it's not actually happening again  
right now.

### Mindfulness saying of the week:

Don't sweat the small stuff.

### Mindfulness challenge: QUIZ TIME!

Answers to last week: 1000; Hedwig; Jupiter; Manny; Leonardo da Vinci.

1. What is the official residence of the President of the USA?
2. How many days are there in June?
3. What is the name of the snowman in Frozen?
4. What colour is the centre of the target in archery?
5. What is a female swan called?

Have a great week!