

Mental health and well-being weekly #7

Mindfulness thought for the week

I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgments are always right or helpful. Is there another perspective?

Mindfulness saying of the week:

Be kinder to yourself!

Mindfulness challenge: QUIZ TIME!

Answers to last week: Boxing; Ashland; Egypt; Bishop; Black

1. In the film 'Stuart Little', what animal is Stuart?
2. What kind of creature is a Komodo dragon?
3. What name is given to someone who studies the stars?
4. What name is given to the invisible line that runs around the middle of the Earth?
5. Which word can go before ache, brush and paste to make three other words?

Wrap up warm and have a good week.