

Mental health and well-being weekly #8

Mindfulness thought for the week

Am I only noticing the bad stuff?
Am I filtering out the positives?
Am I wearing those 'gloomy glasses'?
What would be more realistic?

Mindfulness saying of the week:

You are an inspiration!

Mindfulness challenge:

Answers to last week's quiz: mouse, lizard, astronomer, equator, tooth.

THIS WEEK IT'S A RIDDLE!

A farmer has to get a sack of corn, a chicken, and a fox across a river. The farmer is only able to bring one of these items along with him at a time. The only problem is if he leaves the fox alone with the chicken, the fox will eat it, and if he leaves the chicken alone with the sack of corn, then the chicken will eat it. How does the farmer get all 3 items across safely?

Have a good week and remember to smile 😊

