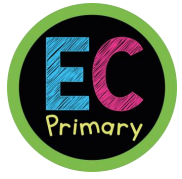


MINDFULNESS AND ME

[Video link](#)



Mindfulness Strategies

Mindfulness helps our minds to stay healthy, strong and happy. By practising mindfulness techniques we can call on strategies that will help us to feel, calm, focussed and relaxed. Watch the video, then complete the mindfulness strategies mind map below.

Eyes

Hands



Breathing

Posture

Describe in detail how to carry out a 5 minute mindfulness meditation.
