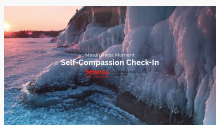


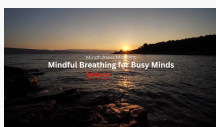
Mindfulness Moments

Version 1

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Self-Compassion Check-In



Mindful Breathing for Busy Minds



Thought Labeling & Letting Go



Setting an Intention for the Day



Grounding with the Five Senses