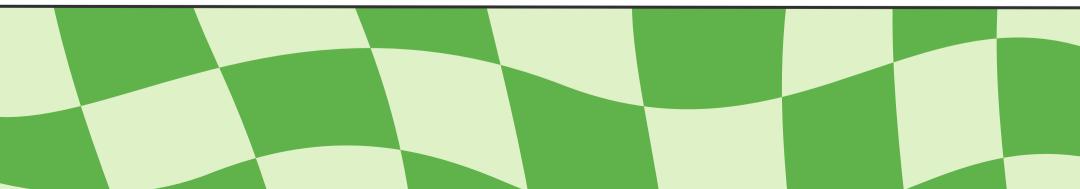
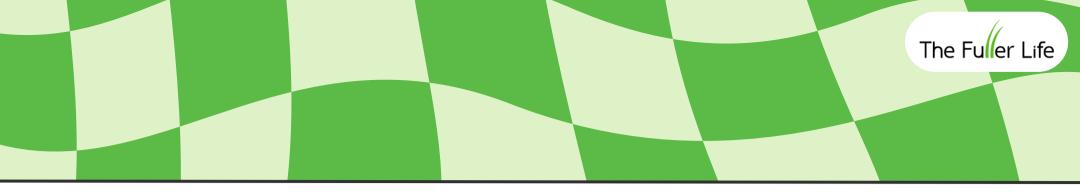


Be more mindful: Tips to improve your awareness.





Take a daily "mindful minute". Stop, breathe, and check in with yourself.





Keep a journal: Scribble down thoughts, feelings, & reflections to track your mental landscape.





Eat mindfully. Smell, taste, and chew your food fully.

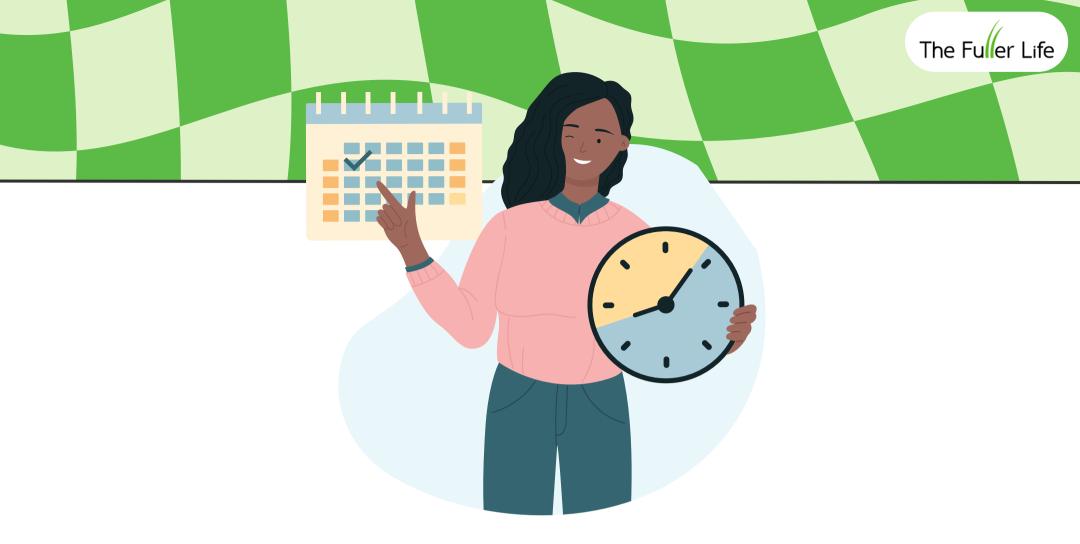
Keep your screen time in check, especially before bed.

The Fuller Life

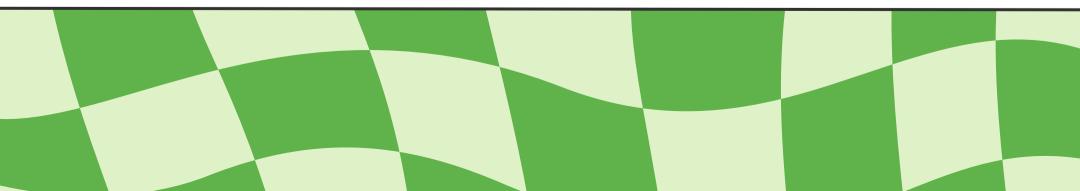




Catch your breath. Deep breathing is a superpower.



Focus on one thing at a time with breaks in between.



The Fuller Life

Wellness isn't just a trend, it's a 'state of mind'. Unlock mindfulness with resources on WoW.

