

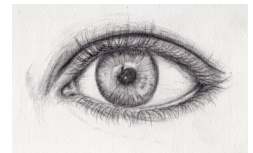
How to do **Mindfulness Meditation** to help you
RELAX and **FOCUS**

Use your **5 seNses** to

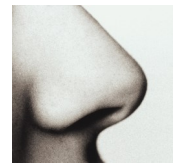
– **N**otice in a



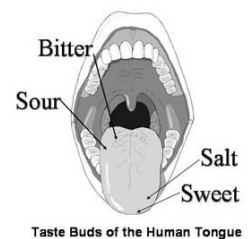
– **N**on-judgmental way
what is happening



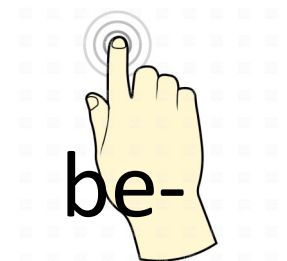
– **N**ow, something



– **N**ew that you



– **N**ever noticed



Susan Miller, M.Ed

before.

be-