

**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.**

**Catch your breath.**  
**Deep breathing is**  
**a superpower.**





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

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



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