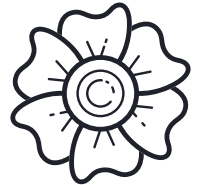
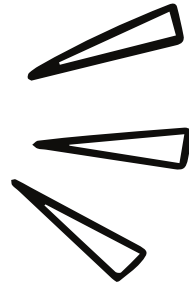


Mindful Trips

Close your eyes, relax, breathe slowly in & out. Think of your calm place. What would it look like? What things are there? Who is there? After 2-5 minutes open your eyes & write it out. Do it again for a safe place & a happy place.

My Calm Place



My SafePlace



My Happy Place

