

# 9 MINDFULNESS

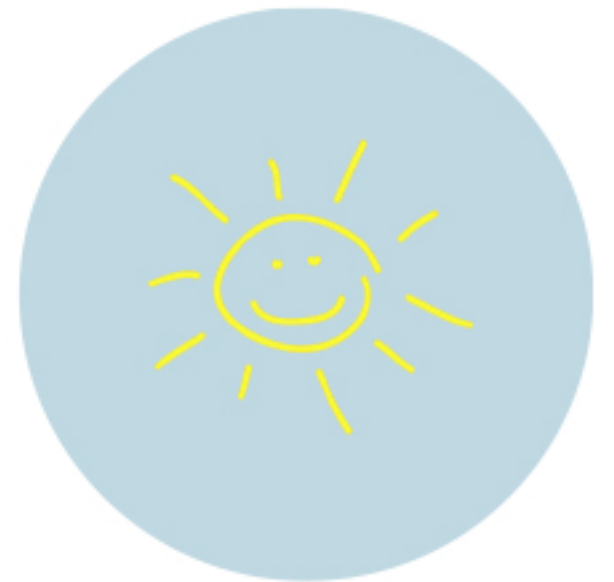
## *exercises*



See something special in every person you know



Stop looking at your phone while eating meals



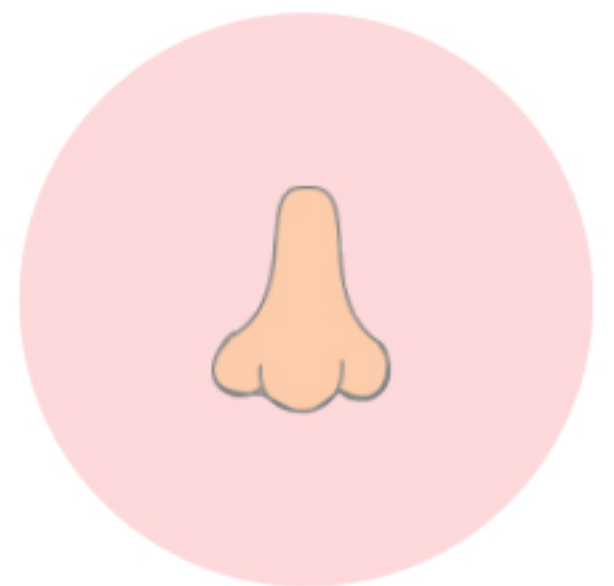
Feel the warm sunshine on your skin



Relieve stress with bath meditation



Observe your inner experience while watching a movie



Focus your attention on your own breathing



Listen to the music and experience it on a deep level



Pamper and moisturize your body with self massage



Add guided meditation into your evening or morning routine