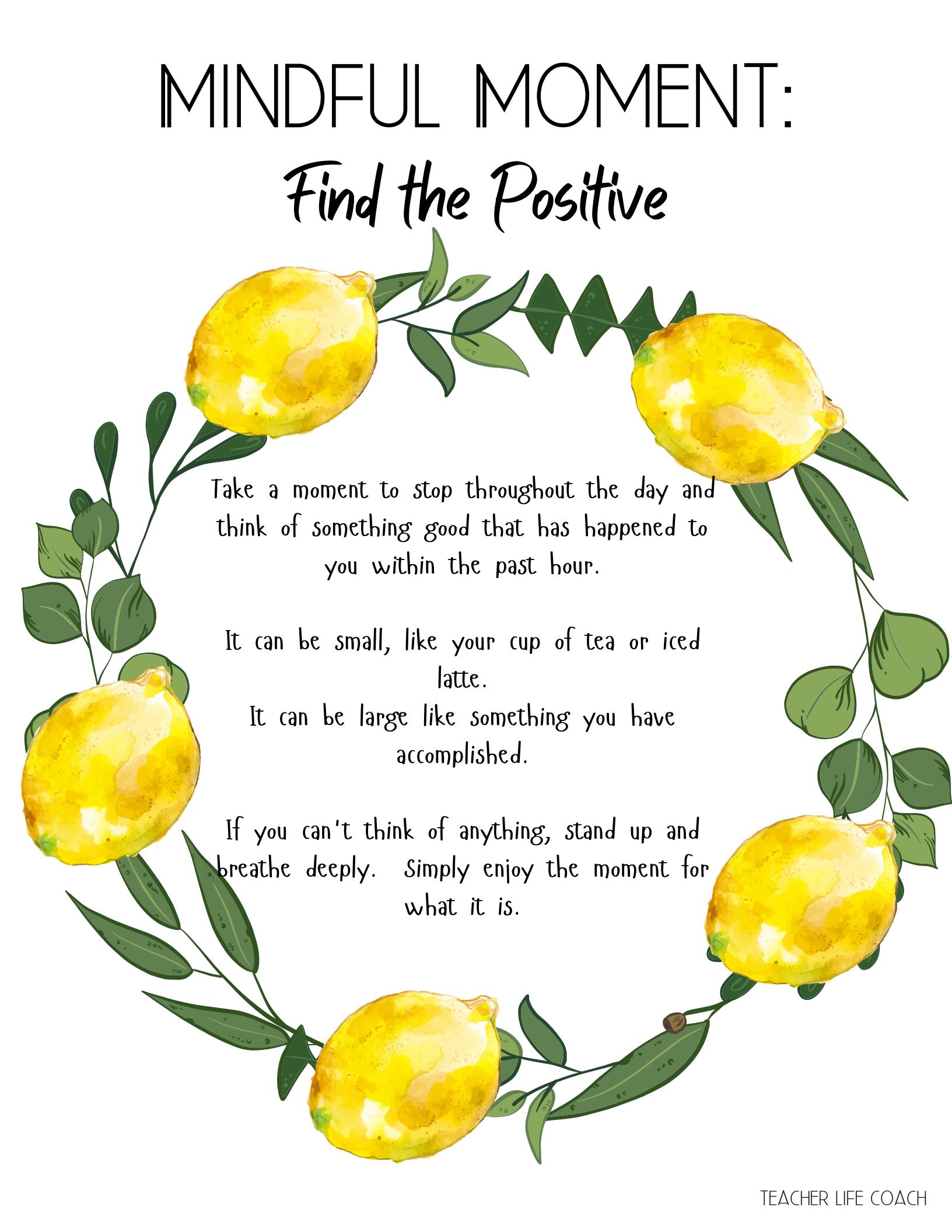


# MINDFUL MOMENT:

## Find the Positive



Take a moment to stop throughout the day and think of something good that has happened to you within the past hour.

It can be small, like your cup of tea or iced latte.

It can be large like something you have accomplished.

If you can't think of anything, stand up and breathe deeply. Simply enjoy the moment for what it is.