



Meditation

Be Kind To Your Mind!

Worried about anything?

Having trouble getting to sleep?

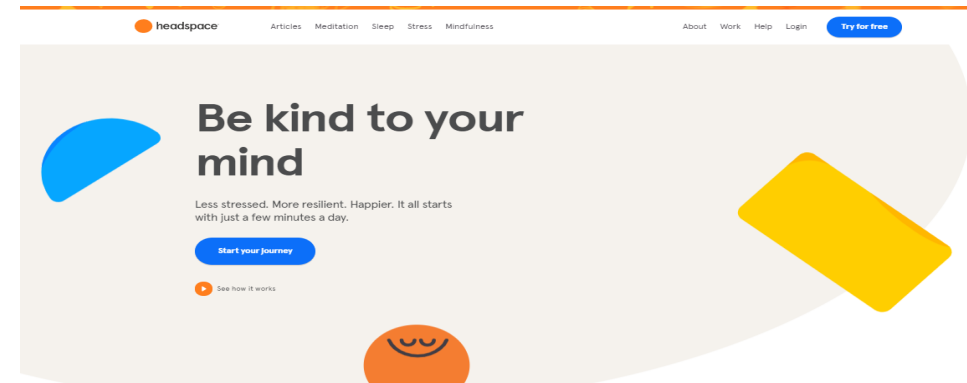
Do you find it difficult to switch off your mind?

Why not try a guided meditation?

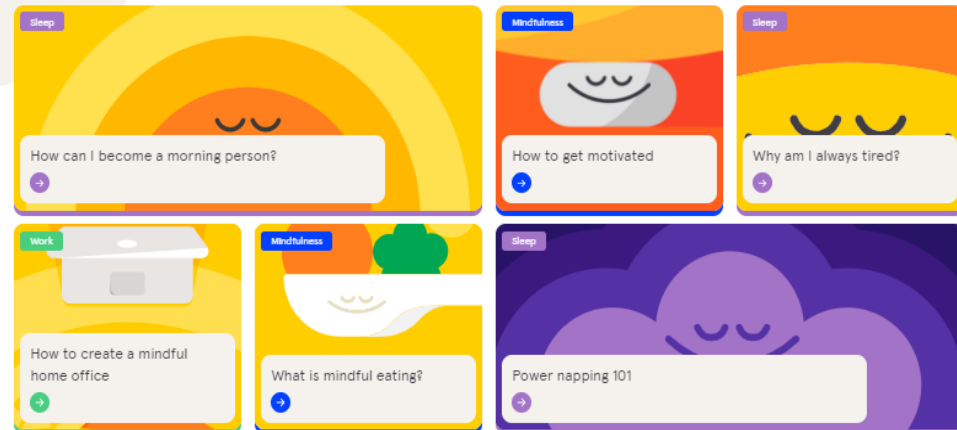
You can enjoy a free trial of guided meditations at Headspace.

There is also a new series streaming on Netflix: Headspace- Guide to Meditation.

<https://www.headspace.com/>



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Recommended by: *Mr Barton*



Don't forget to share your progress on Teams 😊