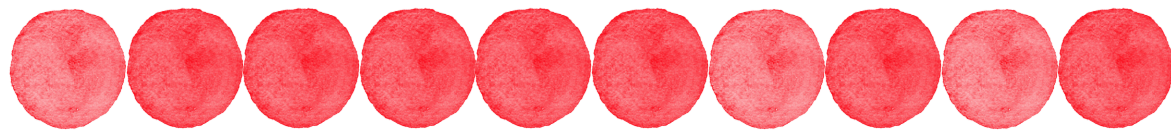
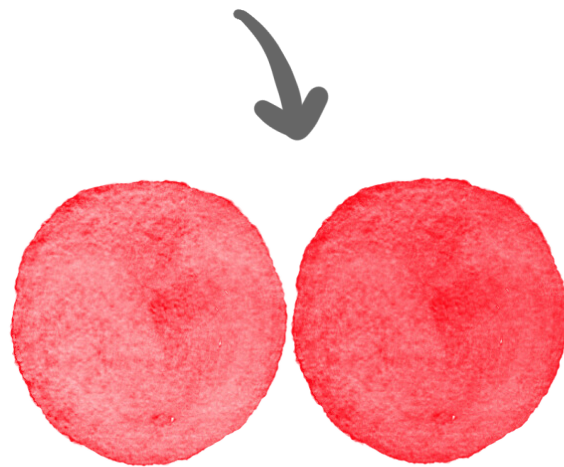


Our minds can be filled with loud  
and unwanted thoughts at times.



Even though it may not feel  
like it, some space exists  
between our thoughts.



Mindfulness can help make  
us more aware of this space.

Focusing on our breath or the  
sounds around us deepens that  
awareness, making unwanted  
thoughts feel less impactful.

