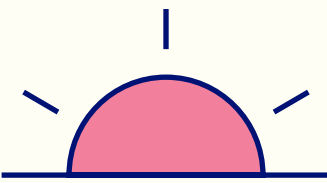


WORK DAY

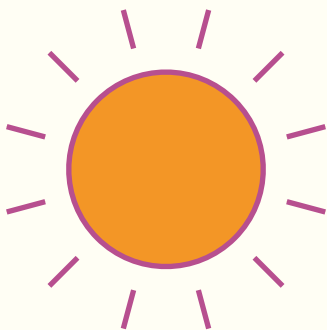
Mental Health Map™

Mindful Shower



Daily Intention

Notice 5 Things



Box Breathing

Cue-Controlled Relaxation



Notice 5 Things

Mindful Colouring

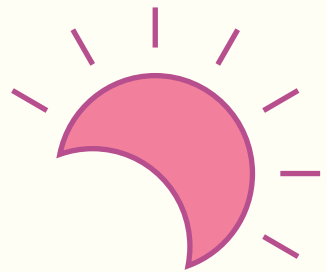


Notice 5 Things



Mindful Colouring

Gratitude Diary



Sleep Hypnosis

