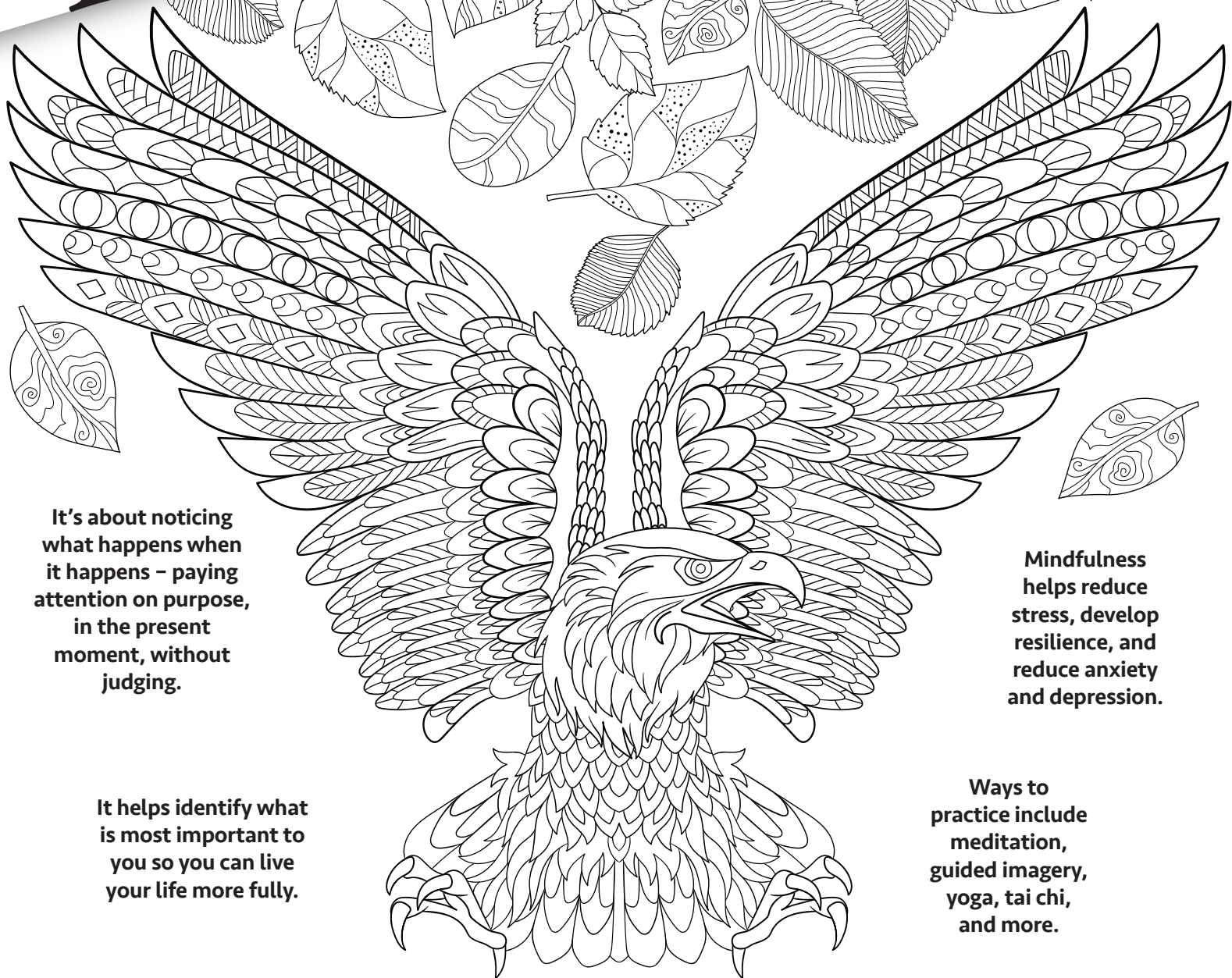


# Be Mindful



**It's about noticing what happens when it happens – paying attention on purpose, in the present moment, without judging.**

**It helps identify what is most important to you so you can live your life more fully.**

**Mindfulness helps reduce stress, develop resilience, and reduce anxiety and depression.**

**Ways to practice include meditation, guided imagery, yoga, tai chi, and more.**