

HOW TO GLOW UP

THROUGH MINDFULNESS



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1

GRATITUDE JOURNALING

Gratitude journaling is a way to focus on the good things in your life. Each day, write down a few things you are grateful for.



2

BODY SCAN

Start by focusing on your breath and then slowly scan your body, paying attention to any sensations you feel.



3



MEDITATION

Meditation is a formal practice of sitting quietly and focusing on your breath.



4

MINDFUL EATING

Mindful eating is a way to be more aware of your food and how you eat. When you eat mindfully, you focus on the taste, texture, and smell of your food.

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