The Art Of Slowing Down

J L Q O E S Z B Q Q R U F L T F G
E Y E S B E D H D X D Z Z Z V Q X
Z L U I J T T S D A Y D R E A M L
O A T A S L R E E S A E H M S C U
P T Y N B U G R U R U U K Q K Z F
S R A F E T R F U Z U J N D S B T
C O I K N G I E L F C S D W A E S
V F I D D X H R W M S Y E M I Y E
I M F B X O V J E E P U I S Z N R
Z O V T M X C H N L E T R S N J D
V C I Y R B T W S F E J R E S A U
P R Q X A A O U C I Q I U N H S A
I E C L E L N K U S K J H L R G C
E J I R S B H Q H Z I A N L T A B
I Z B B P E C C U Q P X U I V Z S
M L M P Z M V L A I Q C U T K B H
C W C I P Q Z T D R L O Y S Z M B

UNWIND
PAUSE
BREATHE
RESTFUL
GENTLE
LEISURE
TRANQUIL
SLOWNESS
DAYDREAM
STILLNESS
COMFORT
EASE
QUIET
REFRESH
UNHURRIED

MINDFUL REMINDER

Give yourself permission to pause. You don't have to fill every moment, be kind to yourself.

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