

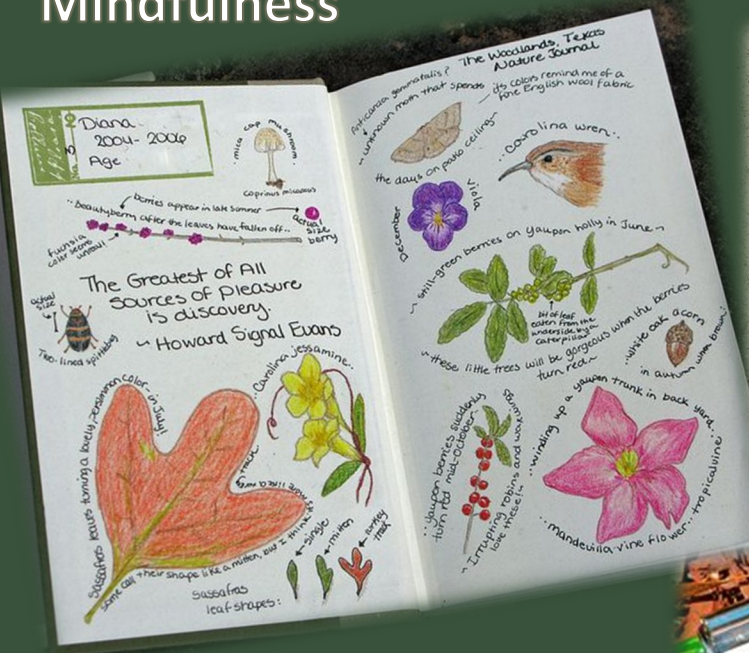
Nature Journalling

Stage 2 and 3

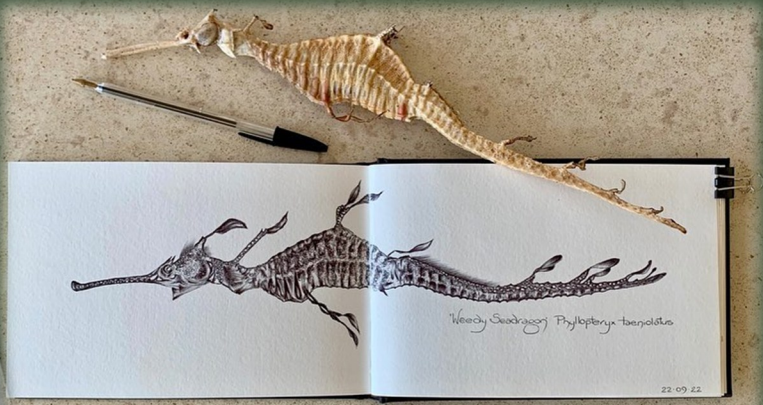


Relax and Refocus

Mindfulness



Mental Rest



Creative Rest

