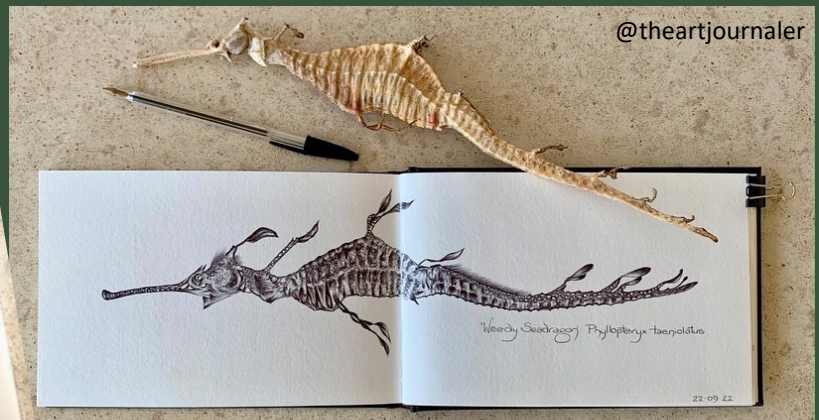
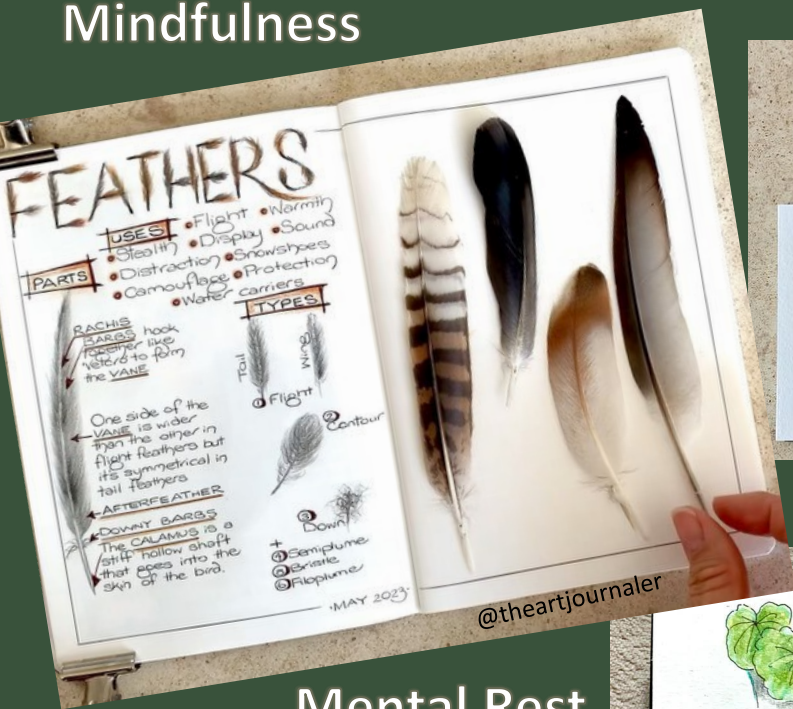


# Nature Journaling for Young Adults



Mindfulness

Relax and Refocus



Creative Rest

Mental Rest

