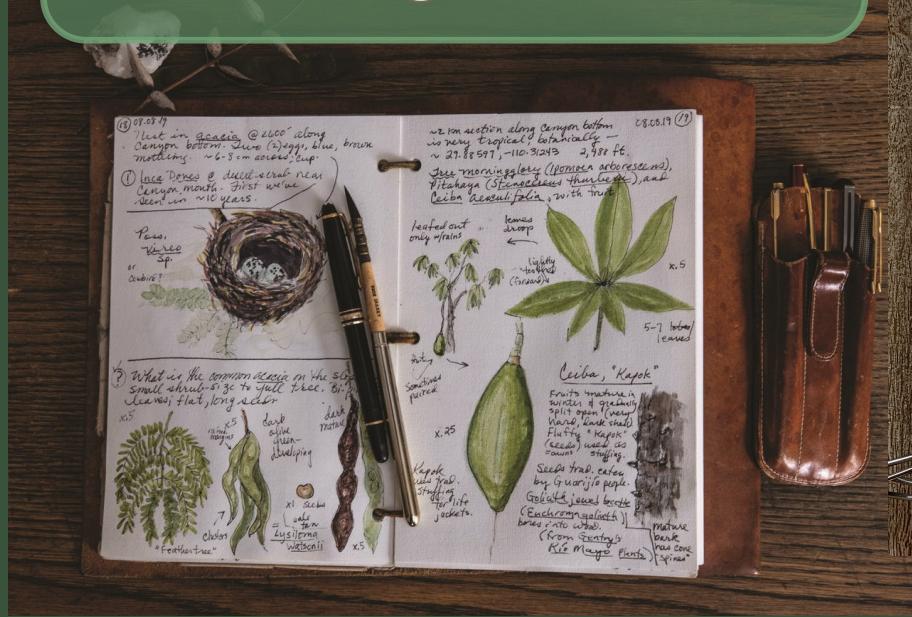
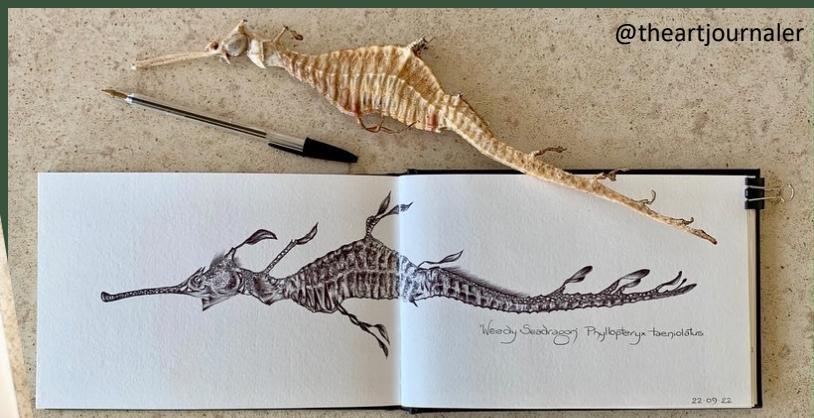
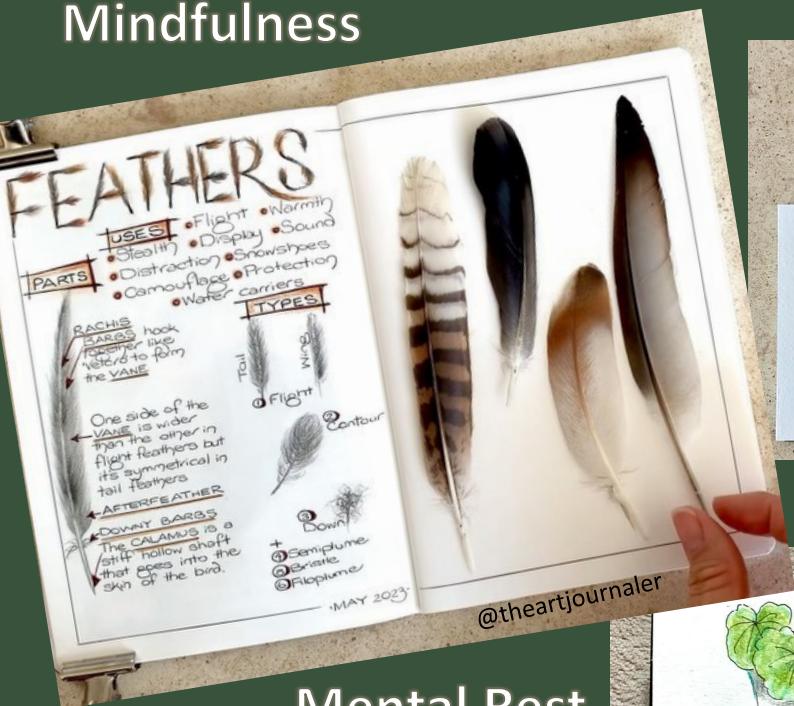


# Nature Journalling for Young Adults



## Mindfulness



## Mental Rest



## Relax and Refocus

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## Creative Rest

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