

TRY THIS MINDFULNESS EXERCISE

LOVING KINDNESS

Think of a person
in your life.

Focus on sending them loving thoughts.
May you be happy. May you be peaceful.
May you be loved. Try sending these
thoughts to yourself too.

Find out more visit:
[northumbrianhsstaffwellbeing.co.uk/
mental-wellbeing](http://northumbrianhsstaffwellbeing.co.uk/mental-wellbeing)

