

## TRY THIS MINDFULNESS EXERCISE

### SOUND MEDITATION

Choose a piece of music that you like.

If you can, listen to this piece.  
How does it make you feel?  
What instruments do you hear?  
Does it remind you of a special time?

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

