

TRY THIS MINDFULNESS EXERCISE

MOUNTAIN MEDITATION

Imagine yourself as a mountain.
Steady, solid, unmoving.

What is around you? Are there animals or streams? What is at the peak and in the sky? Is the sun shining? Or snow falling? Watch how life moves on and around, but the mountain stays steady. Breathe deeply and feel your body, grounded and unmoving too.

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

