

Hello Everyone,

Just a little thought for today. Is your 'mind full' or are you 'mindful'? **Mindfulness** is simply... noticing what is happening right now. **Mindfulness** is taking notice of how your body feels and what you see, smell and taste. Take a little time for yourself today, relax and do something that you really enjoy. For me, it is sitting quietly in my garden for a short while, watching, and listening to the songs of the many bird visitors that come to feed. What will you notice today?

## Mind Full, or Mindful?

