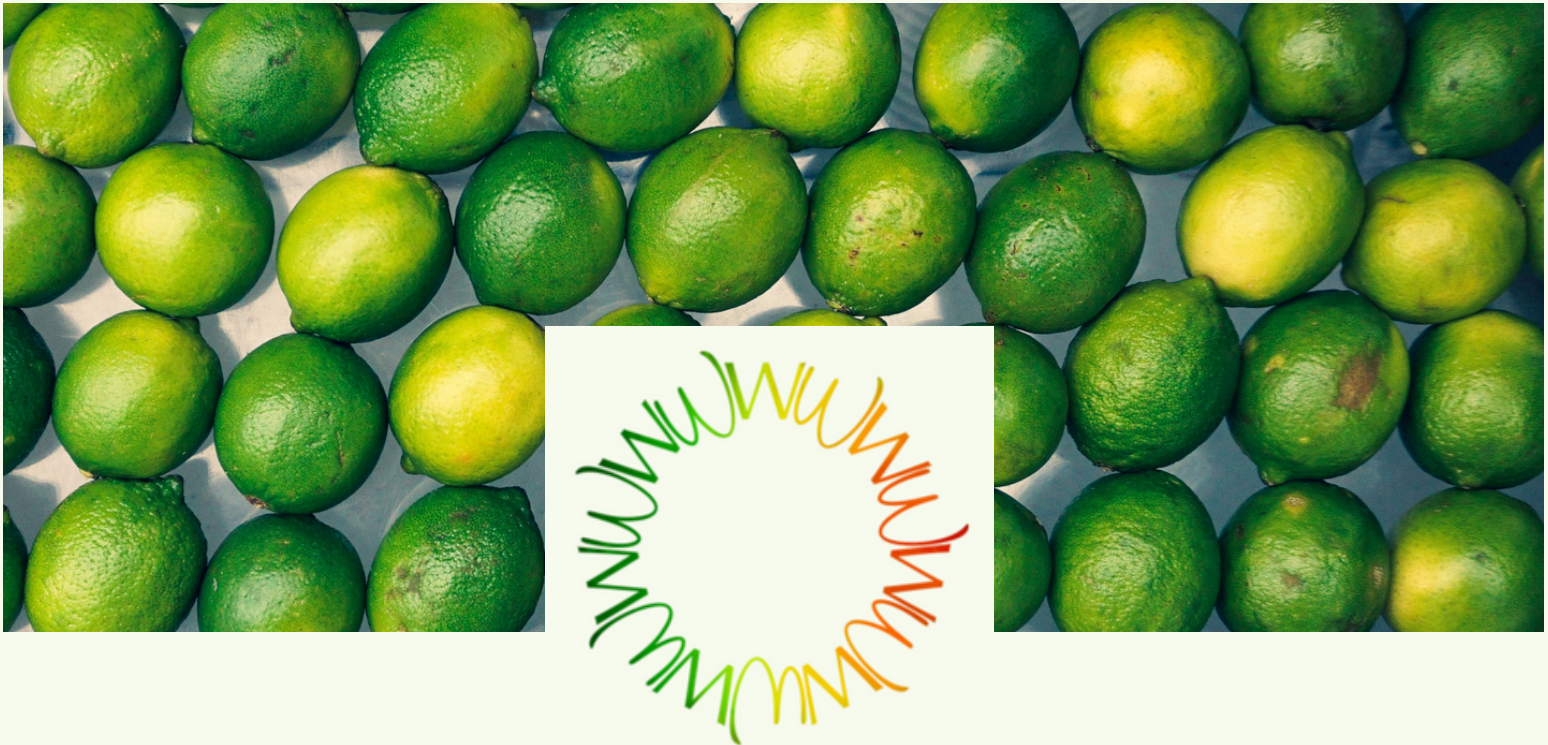


# Weekly Wisdom

*Grow the Green for You and Your Team*



"Mindfulness is the aware, balanced acceptance of the present experience.  
It isn't more complicated than that."

-- *Sylvia Boorstein*

## Five Senses Meditation

- Get still and focus on what you're sensing.
- Notice 5 things you can see.
- Then 4 things you can feel.
- Three you can hear
- Two you can taste, and one you can smell.
- Settle your mind and relax. Take a deep breath.

Try this simple method to help your mind focus on the moment, with all of your senses.

If you have children in your life (or you're a kid at heart), check out this [Five Senses video](#) with Cookie Monster!