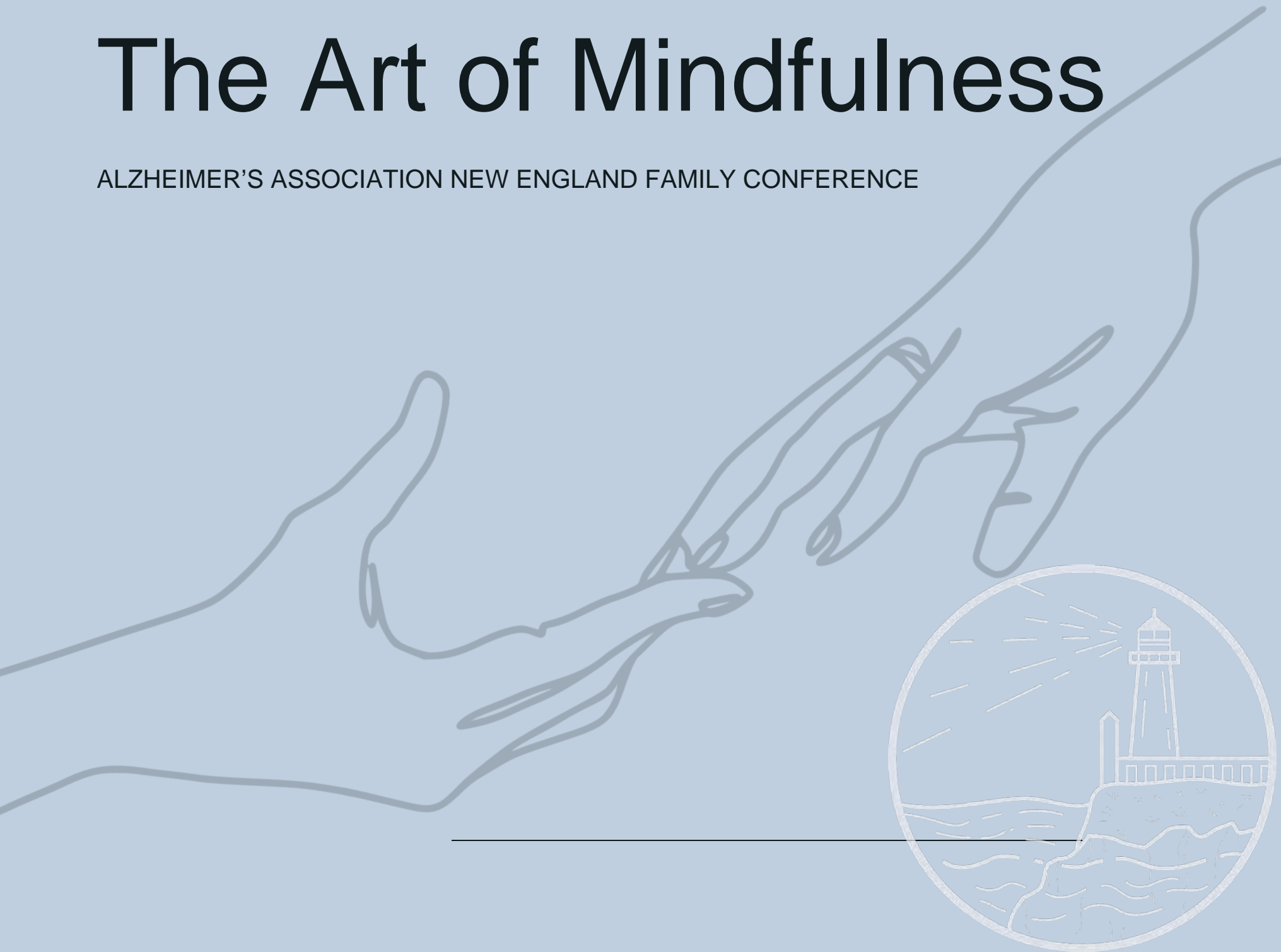


The Art of Mindfulness

ALZHEIMER'S ASSOCIATION NEW ENGLAND FAMILY CONFERENCE



STRESS AND THE BRAIN



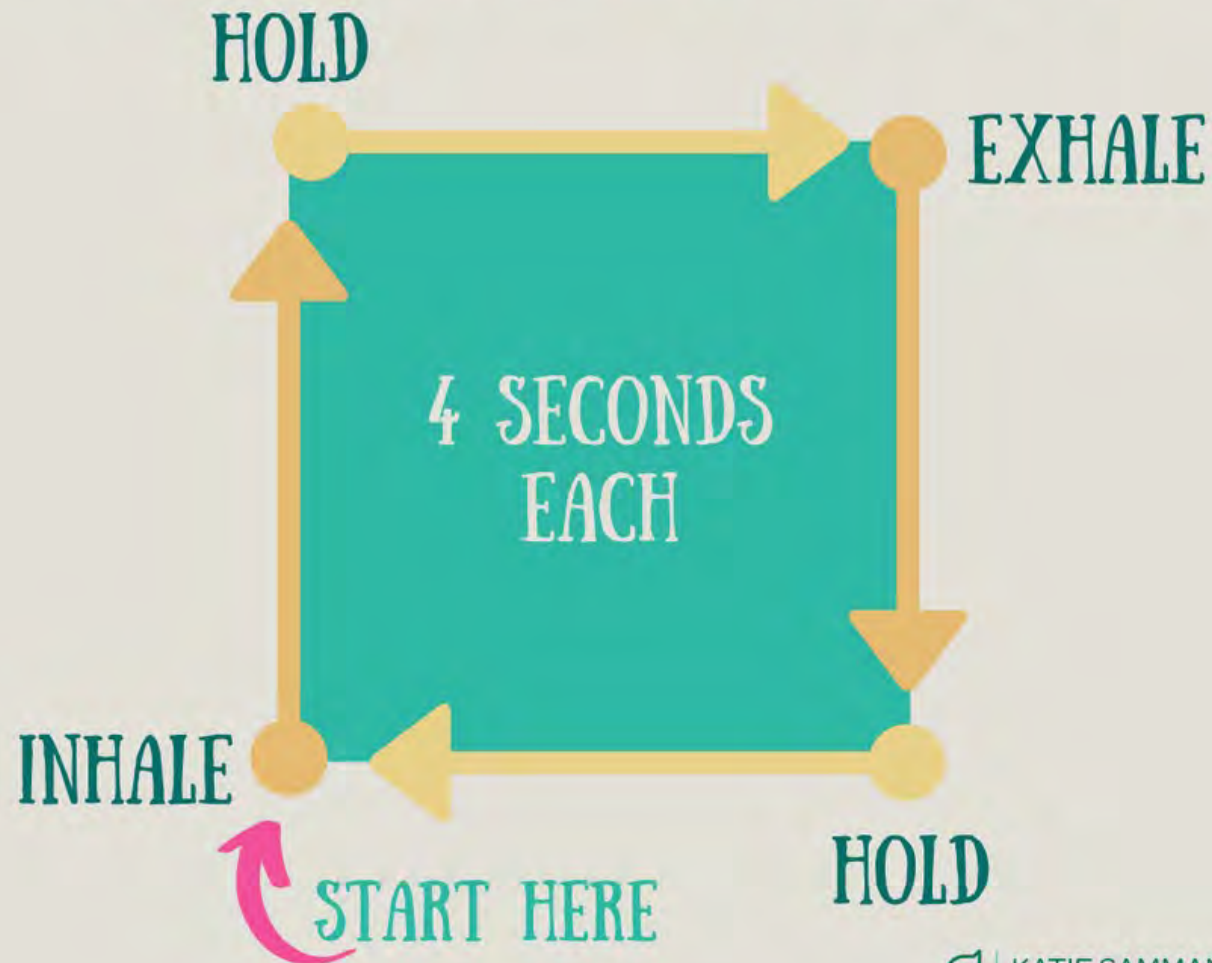
Mindfulness

THREE CHARACTERISTICS

- Intention
- Attention
- Attitude



BOX BREATHING



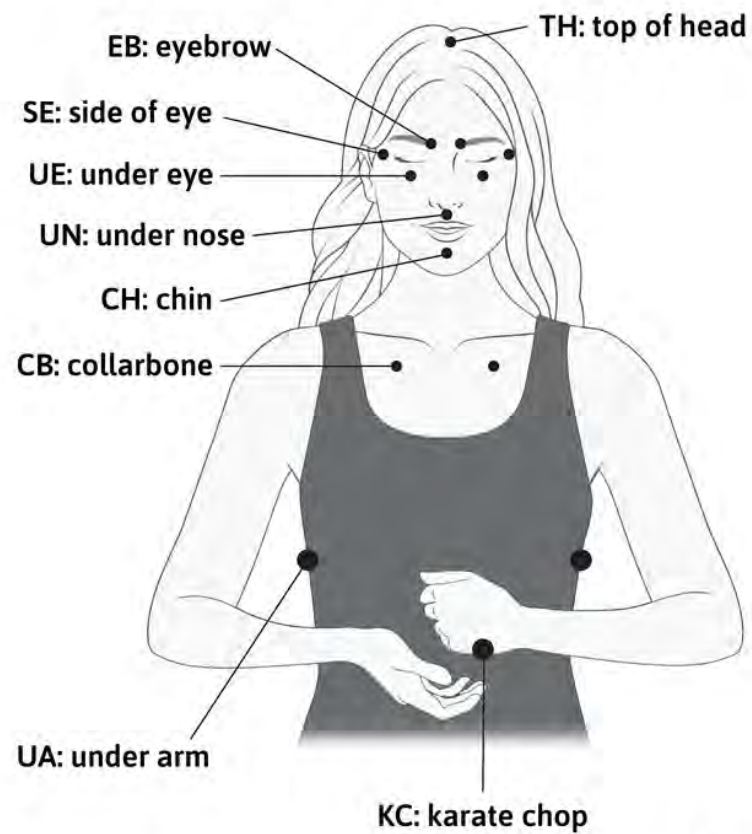
Five Senses Exercise

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



EFT TAPPING POINTS

Tapping Points



WHAT RELAXES ME?



MEDITATION APPS

Calm.

