



De-Stress Yourself



Issue No. 7
May 2023





Destress With Calming Pictures.

Hi Beautiful Souls! We are so happy you this magazine.

Looking at calming pictures is a form of mindfulness meditation, also known as training your attention to achieve a mental state of calm concentration and positive emotions.

If you've ever heard the phrases "zone out" or "take a mental vacation," that's exactly what calming pictures have the power to do for your mind and, therefore, your overall wellness.

The next time you're stressed, try looking at our collection. It can have a calming effect on the mind, which can improve your mood and help you relax.

Whether you're new to using calming pictures and colours or a seasoned professional, consider keeping these sorts of images on hand for times of stress.

We hope you De-Stress Your Self!

Please note: All images in this magazine are from our licensed sources.









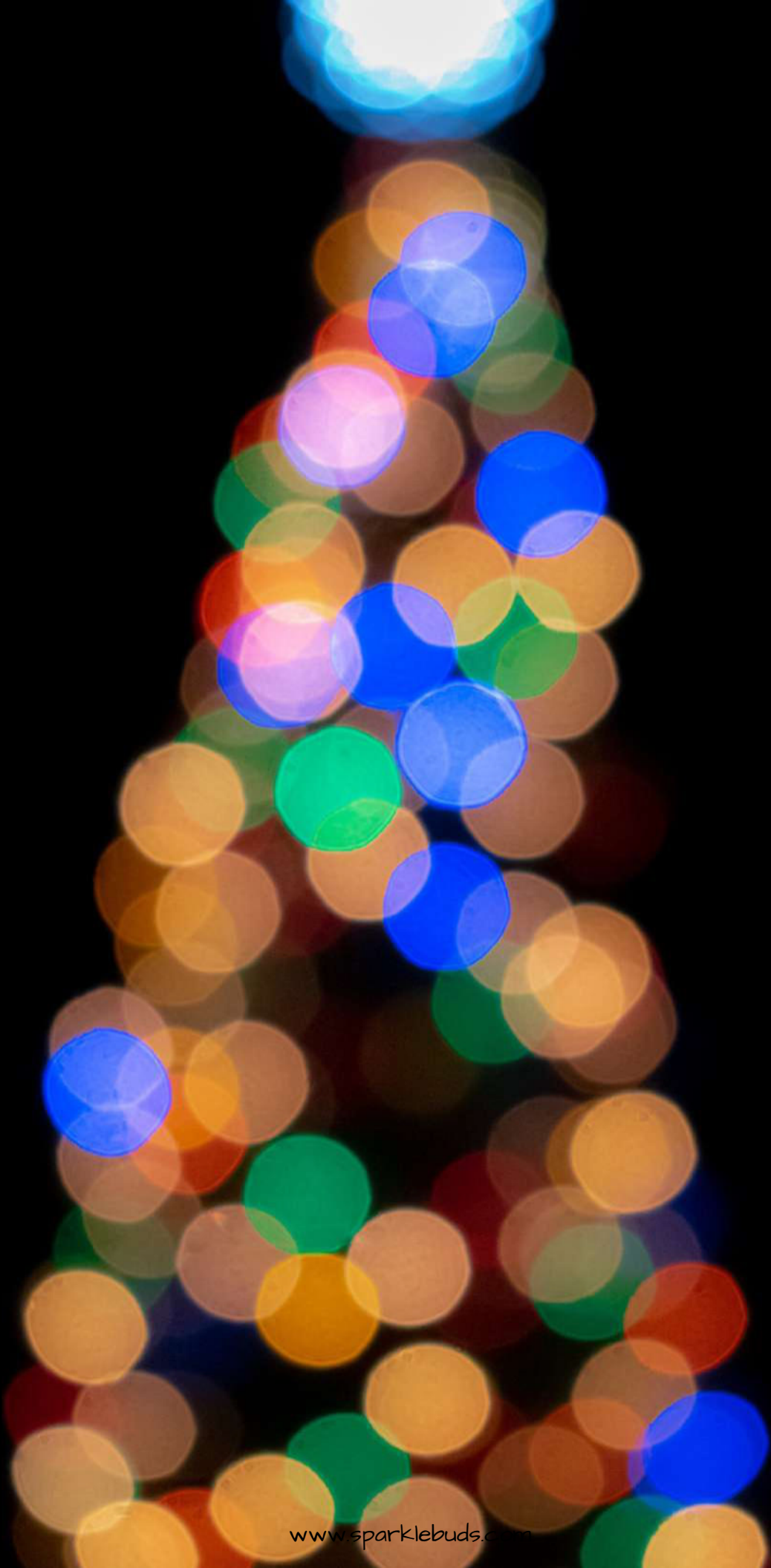
BARLOW WALKER J.
COTTAGE GARDEN
1844-47
RECTOR OF HAMILTON 1843-50
10 OCTOBER 1881





















































POSTER MAKING CONTEST

For All Ages

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**Send your entries to
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ADHD-EFG



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Foughtism



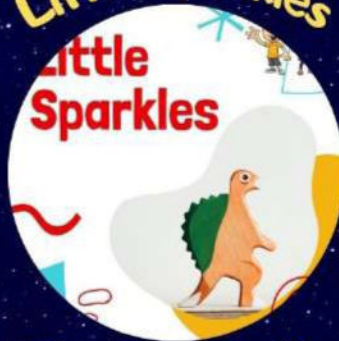
for Autism

Brain Train



for Dyslexia

Little Sparkles



for ages 5-8

Sparkle Buds



for ages 9-13

Chelsea Rhymes



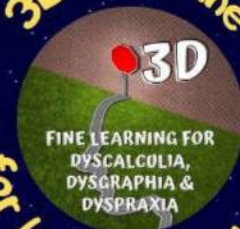
for all ages

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for all ages

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