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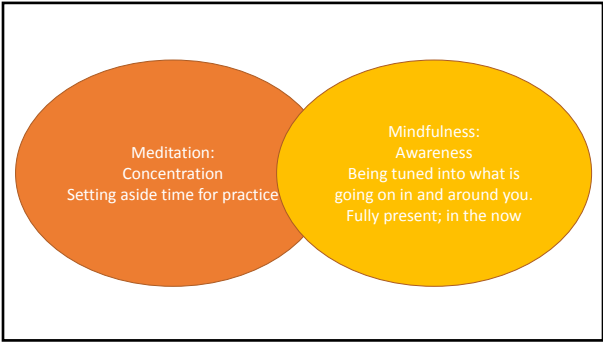
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### Notice Your Bed



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### Taste Your Morning Beverage



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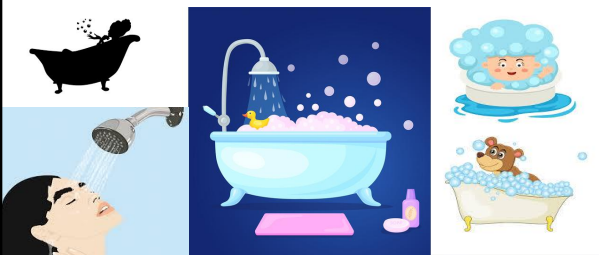
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### Enjoy a Shower



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### Spend Time With Loved Ones



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### Drive With Intention



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### Look At The Sky



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### Mindfully Eat a Meal



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### Mindful Eating



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### Walk with Yourself



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### Body Scan



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### 5 Minute Body Scan



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### Notice Phone Use



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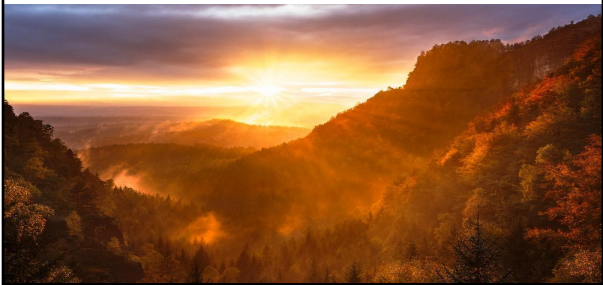
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**Observe a Sunset**



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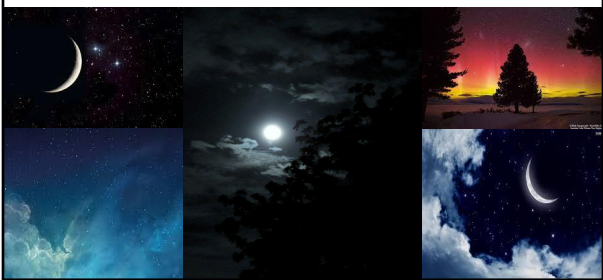
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**Check Out The Night Sky**



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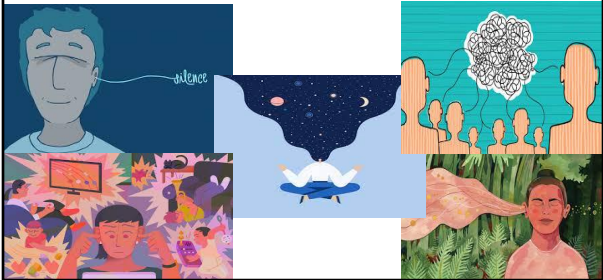
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**Listen to the Silence**



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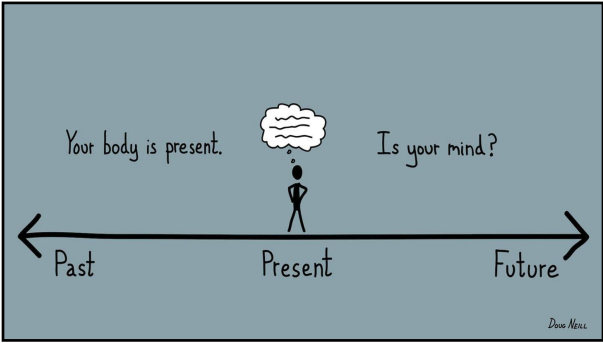
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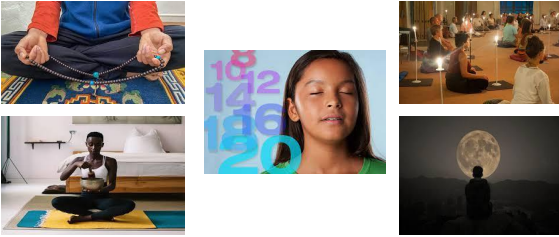
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### Focused Meditation



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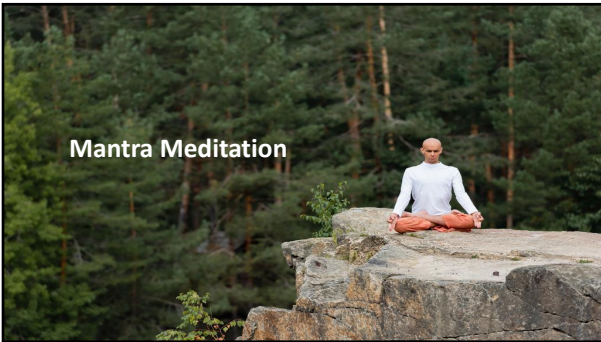
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### Mantra Meditation



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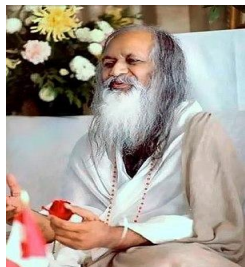
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### Transcendental Meditation

Maharishi Mahesh Yogi created Transcendental Meditation in India in the Mid 1950's. The Maharishi taught thousands of people during a series of world tours from 1958 to 1965, expressing his teachings in spiritual and religious terms. His meditation technique was practiced by celebrities, most prominently members of The Beatles and The Beach Boys.



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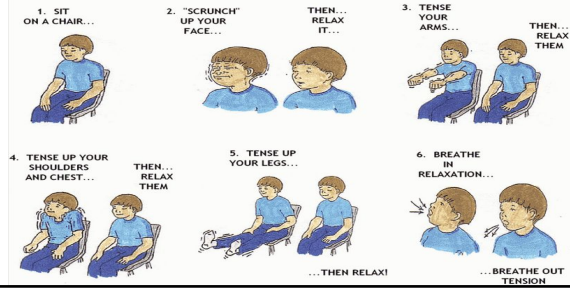
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## Progressive Muscle Relaxation



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## Deep Muscle Relaxation



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## Chair Yoga Experience



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*Thank  
you* **so much**

Linnea Hofmeister, LCSW, LADC, CCS  
[lhofmeister@mainebbehavioralhealth.org](mailto:lhofmeister@mainebbehavioralhealth.org)  
(207) 458-3877

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