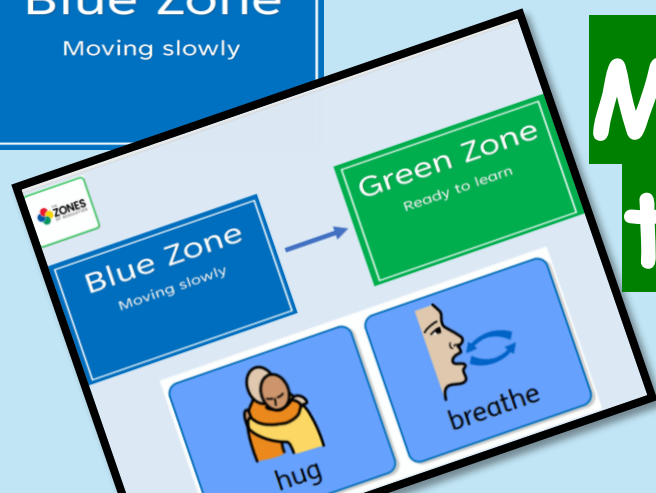


Blue Zone

Moving slowly



Mindfulness techniques

Yellow Zone

Slow down



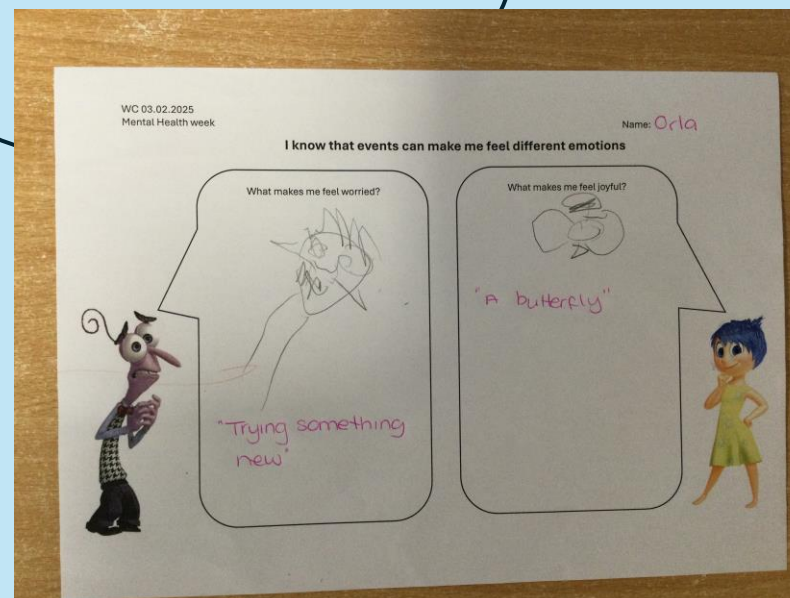
F2

Mental Health Week
2025

Mindfulness doodling



Yoga



Red Zone

Time to stop