



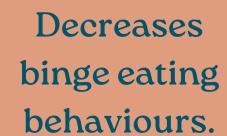
ABERDEENSHIRE CLINICAL PSYCHOLOGY

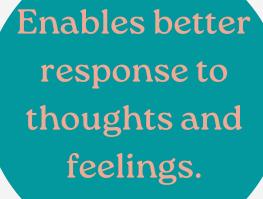
## MINDFULNESS

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Increases selfawareness and relaxation.

Encourages kindness towards oneself.





Increased skills
to cope with
difficult
situations

Reduces
symptoms of
stress, chronic
pain and
anxiety.



