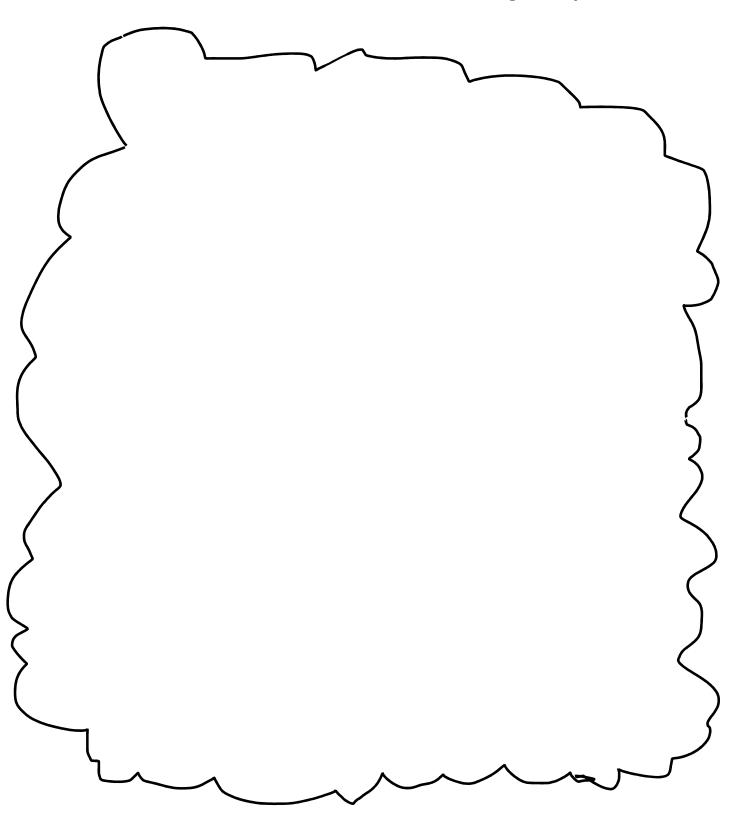
## MINDFULNESS WORKSHEET: Note all the thoughts in your mind



Kingsolver and Rosdahl 2019