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before beginning a task or activity ask yourself what you wish to embody or cultivate during your work you can set an intention for any activity such as meditating going to a meeting having dinner with your family or having a conversation with a coworker acting with intention

mindfulness worksheet

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relaxation techniques when a person is confronted with anxiety their body undergoes several changes and enters a special state called the fight or flight response the body prepares to either fight or flee the perceived danger

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