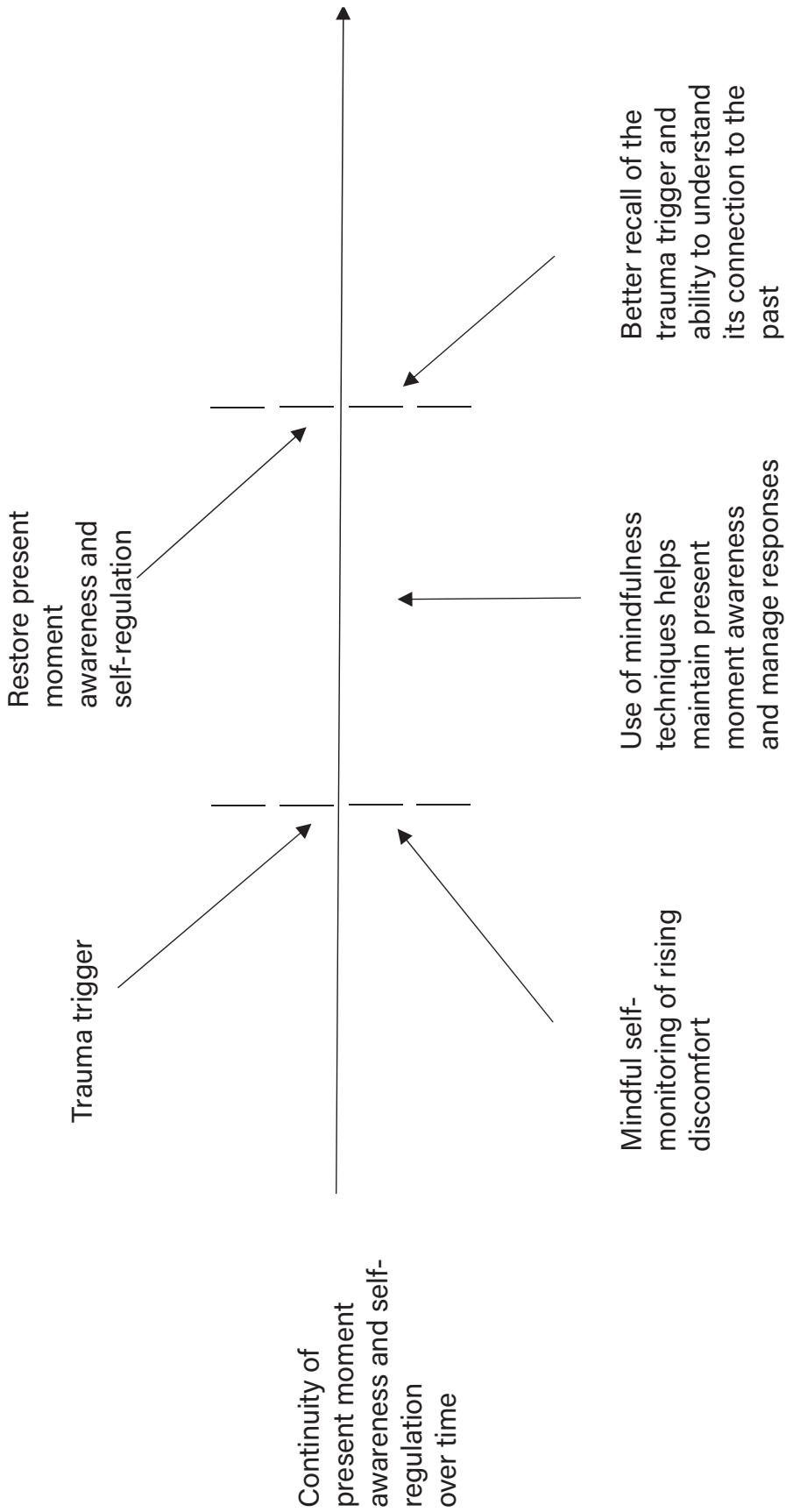


● Resource Page 3. Using Mindfulness for Present-Moment Awareness and Self-Regulation



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