



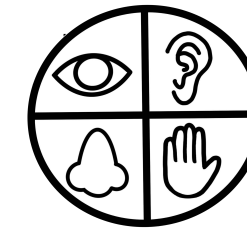
# Smell the Roses



1) Pause what you are doing.



2) Pay attention to what you can see, hear, smell, and touch.



3) Notice how you feel.

