

WAKE UP! P E A C E

CALM SMILE

WE WERE BORN TO BE REAL, NOT PERFECT

SILENCE ENJOY LIFE

REFRESH TAKE IT EASY

BREATHE IN SLOWLY, GENTLY, DEEPLY. BREATHE OUT

DE-STRESS REJUVENATE

SOOTHE BE POSITIVE

DIGITAL DETOX MAKE TIME FOR YOURSELF

WISDOM IS BEING ABLE TO LET GO

CHILL OUT HAVE FUN REFRESH

MEDITATE SWITCH OFF UNWIND

TENSION IS WHO YOU THINK YOU SHOULD BE  
RELAXATION IS WHO YOU ARE