Treating your body with Respect and Dignity

Discuss the important points when looking after both your Mind and your Body.

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Mind:

Talking

Hello! How are you?

Thinking

How can I improve myself?

Great thanks! How are you keeping?

Doing a good deed

Journaling

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Body:

Sleeping

Zzzzzz

Exercise

Eating & Drinking healthy

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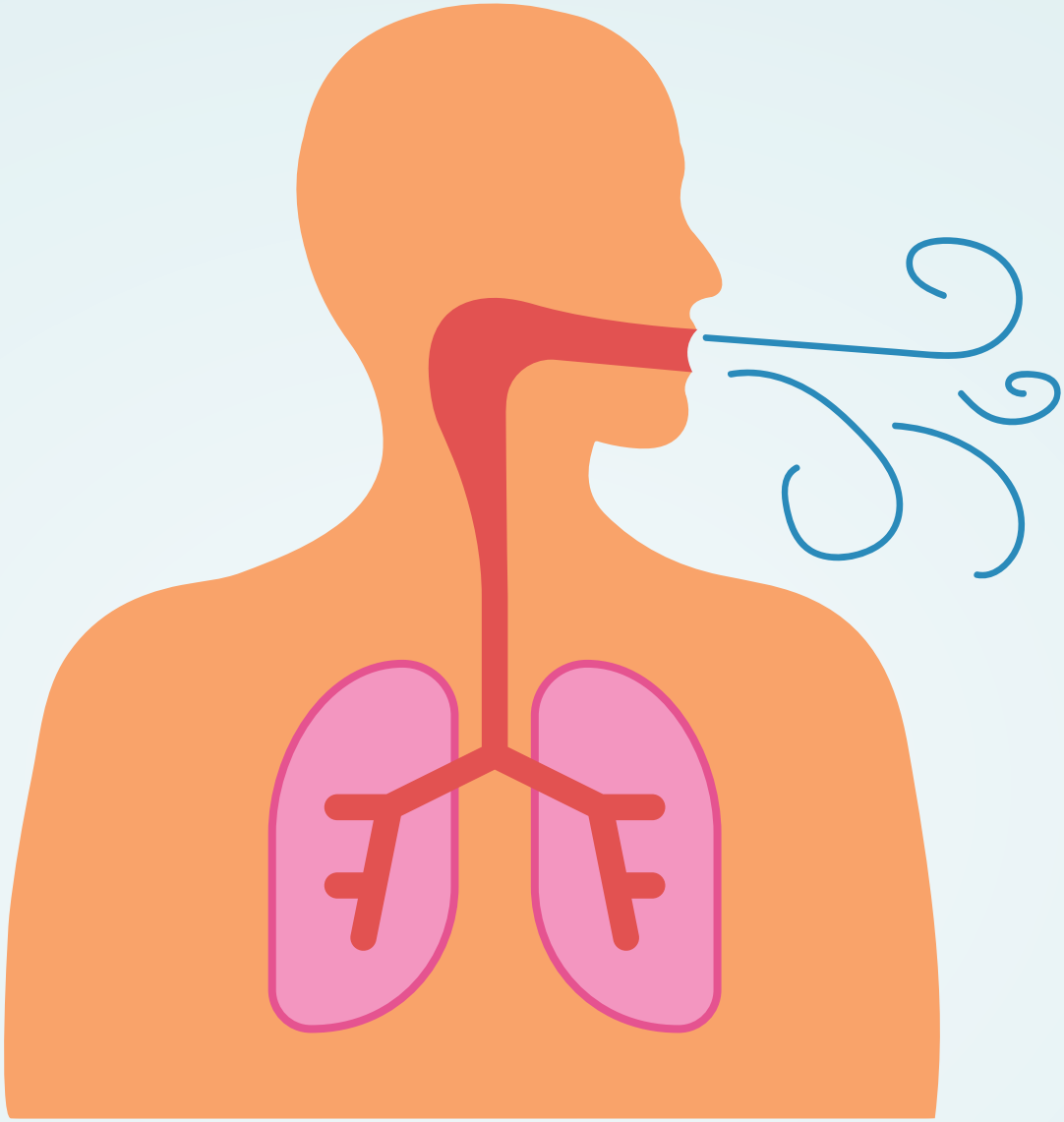
Breathing:



Why is breathing important for both Body and Mind?

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