



# LIVE YOUR WHY

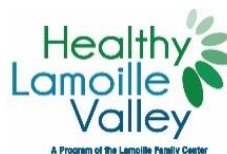
## Afterschool Edition



Make yourself a warm/hot drink like hot cocoa, herbal tea, hot cider, or warm milk and find a relaxing place to sit as you drink it.



Take slow sips and be mindful when you drink. Notice the taste and smell and the sensation of warmth filling your body.



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)