



# MINDFUL CENTER

CLEARFIELD HIGH SCHOOL

## The Center



A space for students to come and destress from their school day and practice skills, such as mindfulness, that lessen anxiety.

The practice of being fully conscious and aware of your surroundings and mental state in a calm and judgment free way.

## Mindfulness



## Wellness



In the center we encourage various practices of mental wellness targeting stress reduction for students and staff.

Students can access the center after attending a lunch and learn where they will eat food and learn about the center.

## Access

