

BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #2: Notice More

The ability to be in the present moment is a major component of mental wellness. – Abraham Maslow

Take time to be PRESENT. The world is fast paced and distracting – Slow down, and name one small moment that brought you joy.

Practice PRESENCE today – take time to slow down. What do you notice when you do?

Practice with water today – give your FULL ATTENTION to it – how it looks, feels, tastes.

When we go too fast, we make mistakes. Let water remind you to slow down and focus. Tune in and notice more.
