

A large red square graphic with a white border, centered on a white background. Inside the square, the text "Mindfulness Wednesday" is written in white, bold, sans-serif font.

**Mindfulness
Wednesday**

Duck or Rabbit?

1. I'm going to show you the drawing
2. Is it a duck or a rabbit?
3. Look again to see if it looks different to you now. What do you think? Is it a duck or a rabbit?
4. Who's right and who's wrong?
5. Let's look at the drawing one more time. What does it look like now? Did you change your mind?
6. Do you think the illustration is really supposed to be duck or a rabbit? Could it be both?

Mind-body Connection

1. Can your thoughts change how your body feels? Can the feelings in your body change your thoughts? Can your emotions change how your body feels? Can the feelings in your body change your emotions?
2. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you feel comfortable doing so.
3. Picture yourself sitting at a kitchen table. There's a lemon in front of you. Imagine picking up the lemon. Imagine that it's wet and cold in your hand. Picture yourself cutting the lemon in half, picking up one half, smelling the lemon, and then biting into it. Is anything happening in your mouth?
4. Did your body react to thinking about biting into a lemon as if you were actually doing it?