

**Mindfulness Magician** stops us worrying too much about what happened in the past and what might happen in the future. He puts a bubble around the moment you are in and helps you savour the good things. This can help you feel calm and peaceful.

**Figure 11.11** Mindfulness Magician

**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)