[](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjNrt3FptPaAhXLg-AKHVhFCHsQjRx6BAgAEAU&url=http%3A%2F%2Flaomao.info%2Fmbhcat-human-head-outline-brain.asp&psig=AOvVaw2L4sUVXhisYO8FoRsfmTOn&ust=1524672267633554) My *stressed* mind... My *calm* mind...

Sure I have a full mind...but I’m learning to be mindful.