

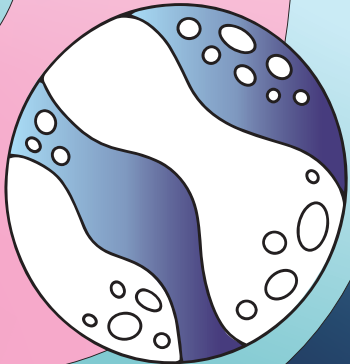
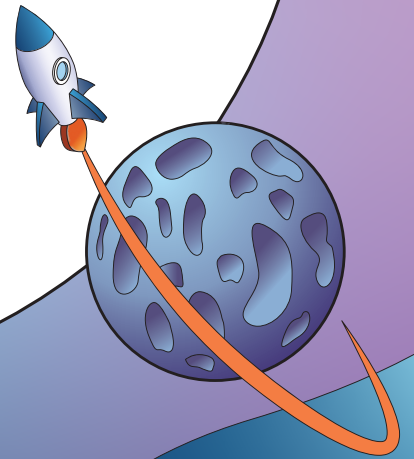


TEMENOS

THE BANKING SOFTWARE COMPANY

**MAKING BANKING
BETTER, TOGETHER**

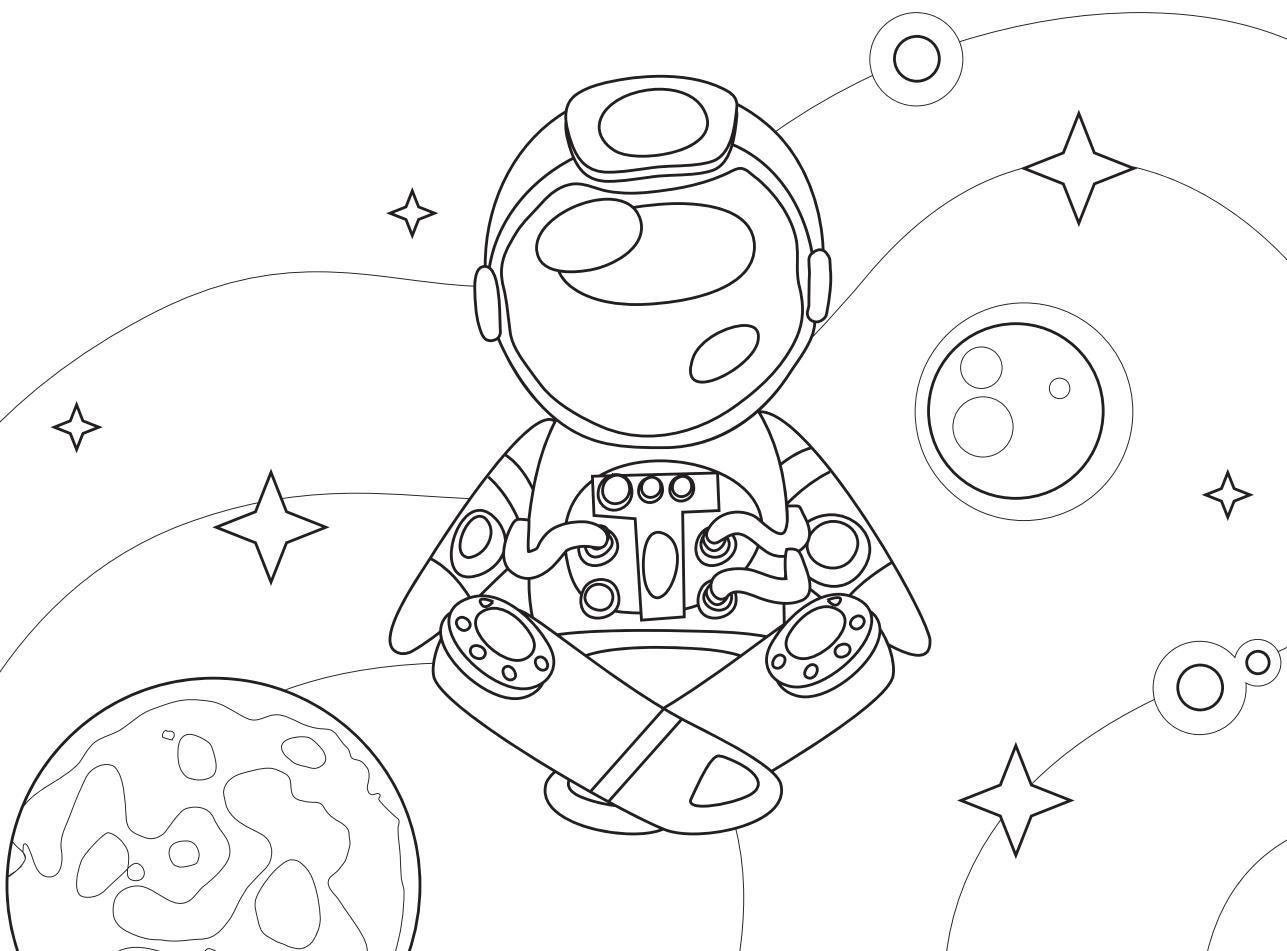
MINDFULNESS
COLORING BOOK

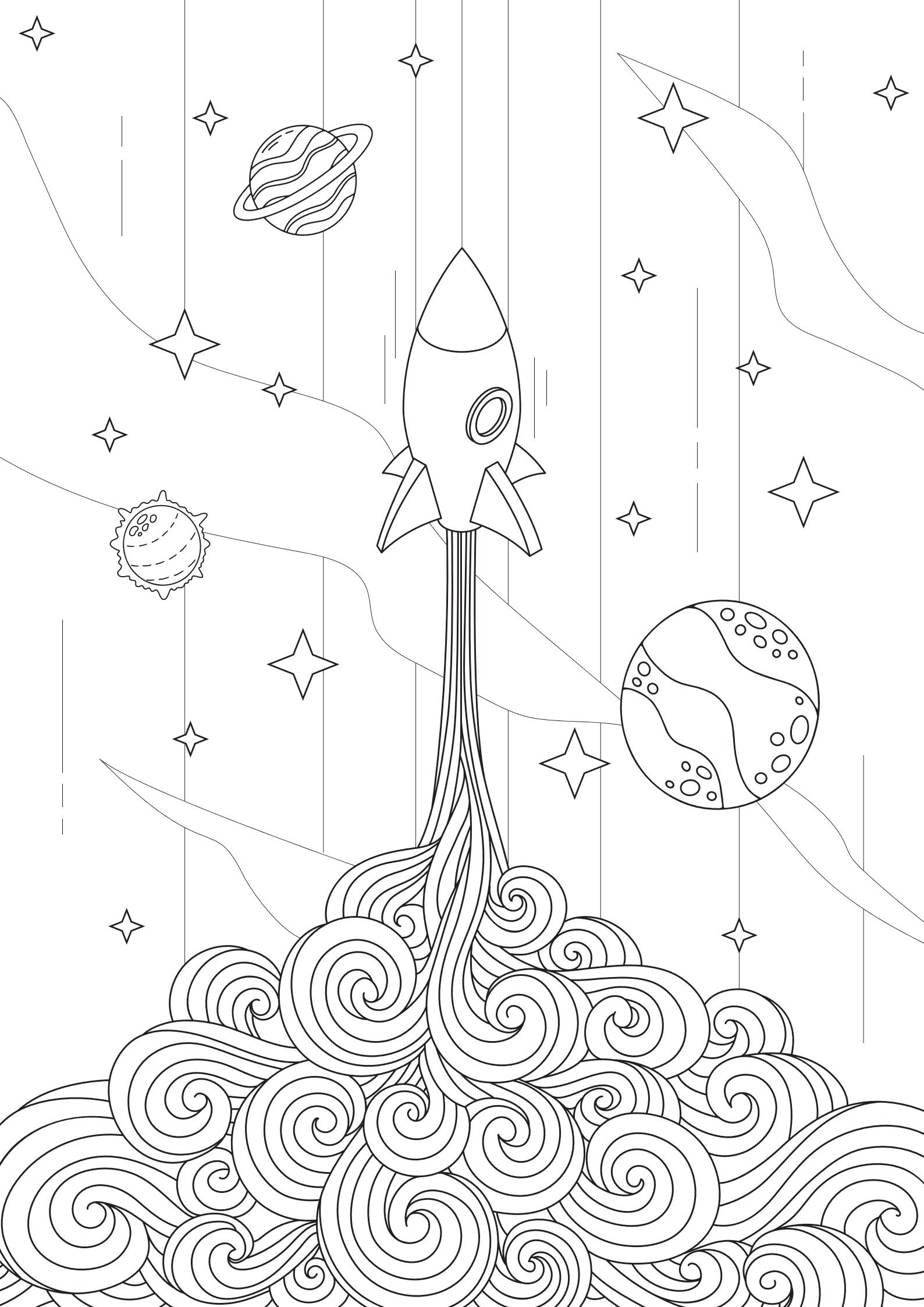


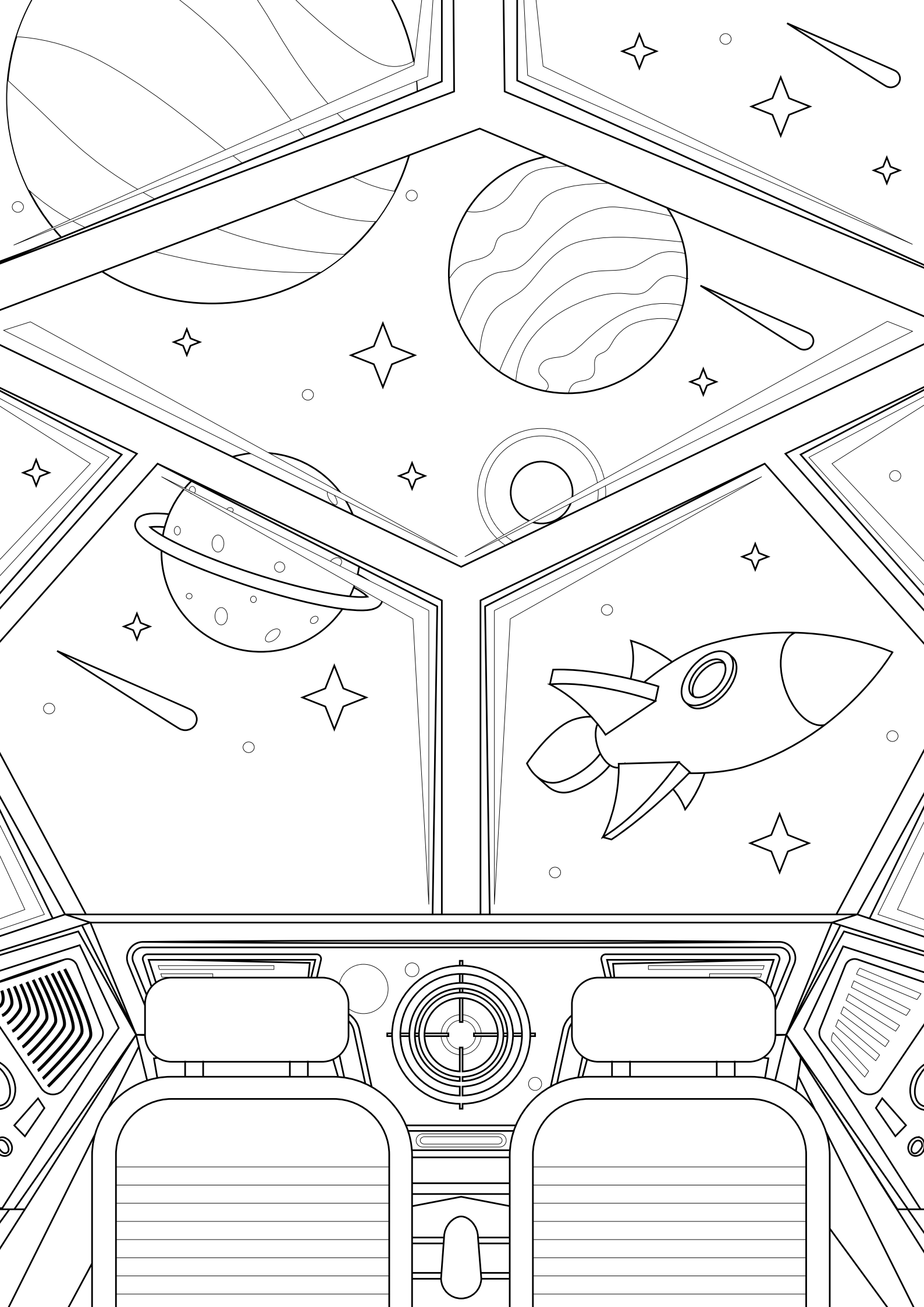
Mindfulness is the practice of paying attention in the present moment.

With mindful coloring, we draw our attention into the present moment, generating mindfulness. This can induce the same state as meditating by reducing the thoughts of a restless mind, which can allow your mind to get some rest after a long day at work.

To relax the body and mind and help reduce stress, color your way through this coloring book and share your masterpieces with us using **#MakingBrighterBanking** on social media.

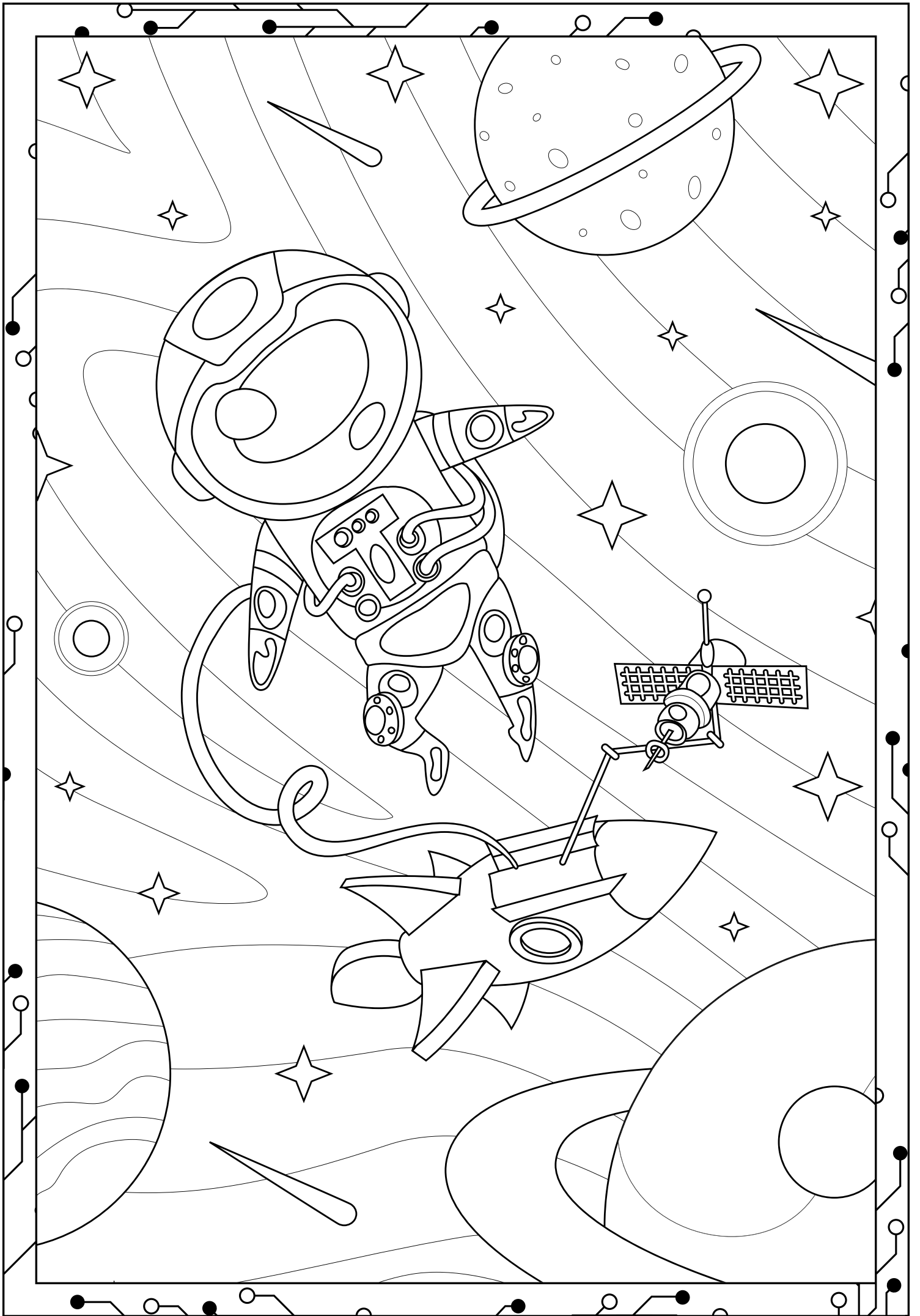




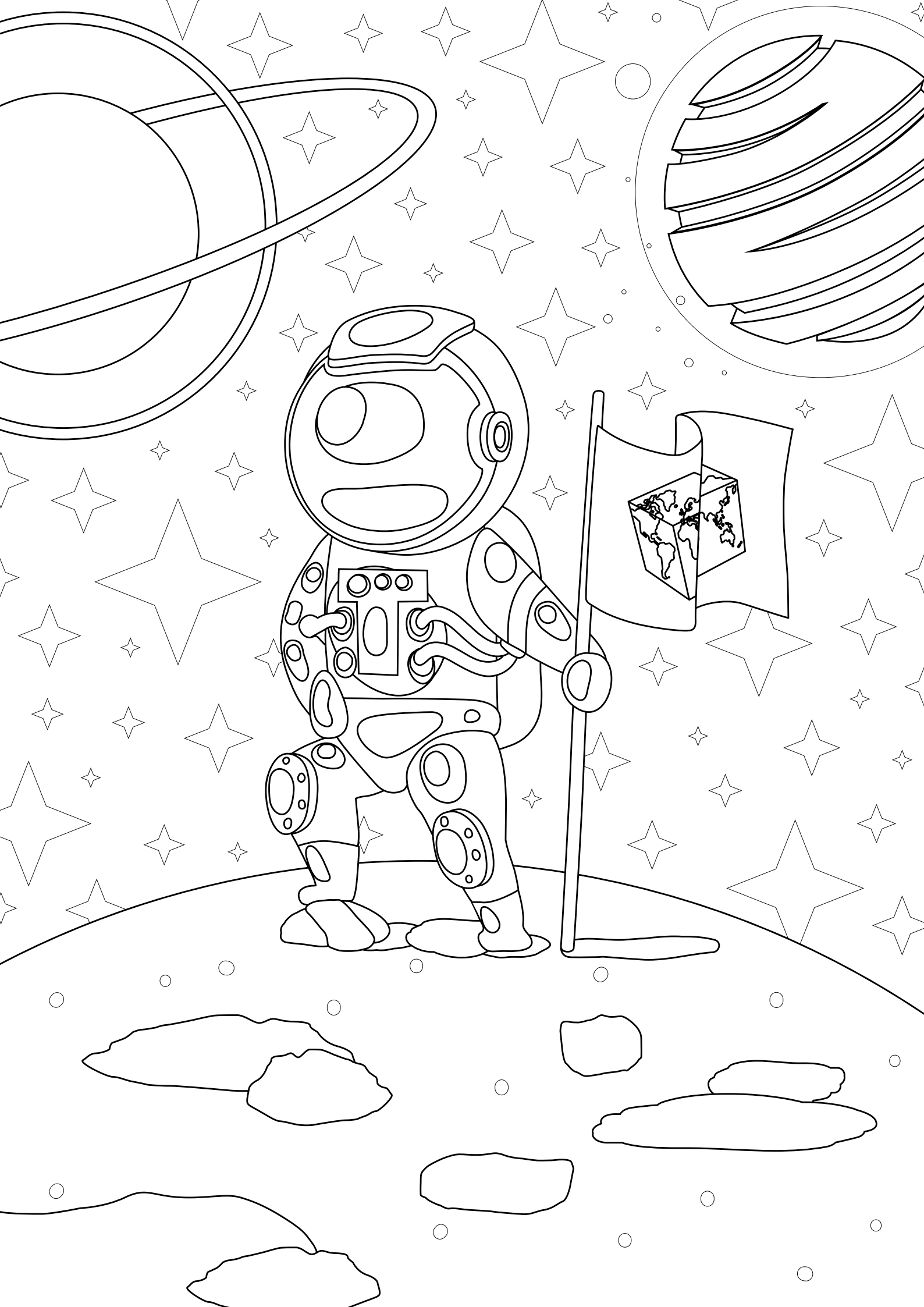





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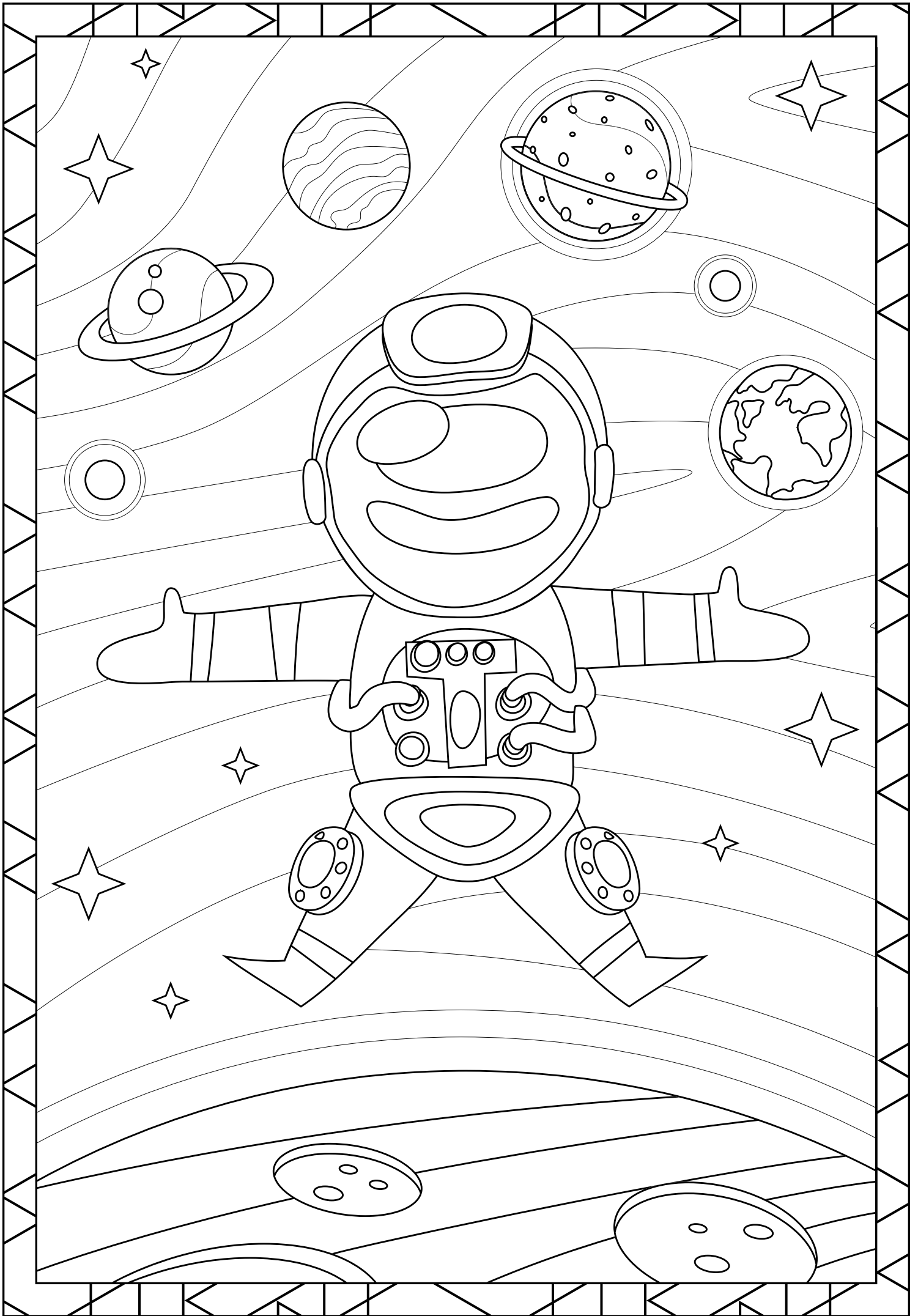


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