

“The Voice” represents being mindful of your senses and accompanies Dr. Parker’s handout for her presentation on Stress Management and Mindfulness.



## The Voice

By Shel Silverstein

There is a voice inside of you  
That whispers all day long,  
“I feel that this is right for me,  
I know that this is wrong.”  
No teacher, preacher, parent, friend  
Or wise man can decide  
What’s right for you - just listen to  
The voice that speaks inside