

# YEAR OF LISTENING COMPETITION



Scotland's Year of Listening will raise awareness that listening, and being listened to, is good for your mental health

Try our Year of Listening competition to  
**WIN an MP3 player**

Email your photo (<2MB), short story (<500 words), or poem (<40 lines) which answers the question:

**What does listening mean to you?**

Entries to: [info@breathingspacescotland.co.uk](mailto:info@breathingspacescotland.co.uk)

Listening can mean different things  
An act, a moment, a mood  
For some it's lending a caring ear  
Or making others feel good  
Whatever it is, let's hear your thoughts  
And make this one of those years  
When Scotland's time to listen  
Brings music to your ears



*Living Life*