**BREATHE- Letter A**

1. **A - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **Attention to body, thoughts, and feelings is good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_reduction.**
3. **Stress comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ events. Paying attention to how the body feels, what we think, and what emotions we experience prevents the buildup of problems that can harm the mind and body.**
4. **When we pay attention to what’s going on in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_moment to our thoughts, our feelings, and our bodies, and when we treat ourselves kindly, we become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and more balanced.**
5. **What is “stress”?**

1. **Make a list of 5 (STRESSORS)**
2. **Which of those stressors would you consider acute? Cronic?**
3. **Although our bodies and minds are well designed to cope with emergencies, they need to return to a more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_state after an emergency in order to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
4. **Too many ongoing stressors or chronic stress can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems.**
5. **When we are more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of what’s happening both inside and outside of us, we can help ourselves let go of a lot of stress that we’d be carrying around otherwise.**
6. **The first step in gaining inner strength and dealing with our stress is becoming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of the stress by paying attention.**

**This week’s Reflection - Expand on the following statements:**

1. **We can’t avoid all stress**
2. **Some stress is helpful**
3. **The body’s physical signs of stress**
4. **The mind’s signs of stress**
5. **Feelings or moods experienced by stress**