**BREATHE - Letter T**

1. **T - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
2. **Learn to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to yourself.**
3. **We can not only reduce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by learning to be mindful, but also train our attention and practice healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of mind, such as kindness and compassion, to improve inner strength.**
4. **When we are stressed out for too long, we lose some of our balance and personal power, and we can get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
5. **Some of the things that stress us come from within ourselves. Our body’s stress response is triggered by our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well as actual events.**
6. **Complete the following.**

**Some examples of practicing meanness to yourself are:**

**Behaviors:**

**Feelings:**

**Thoughts:**

**Some examples of practicing kindness to yourself are:**

**Behaviors:**

**Feelings:**

**Thoughts:**

1. **Scientific studies show that it’s possible to change the brain through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ training like in mindfulness.**
2. **Practicing tenderness reminds us to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and use basic good intentions as the foundation for our actions. It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the tendency to perceive ourselves judgmentally and unrealistically, which can undermine our capacity to be compassionate to ourselves and others.**