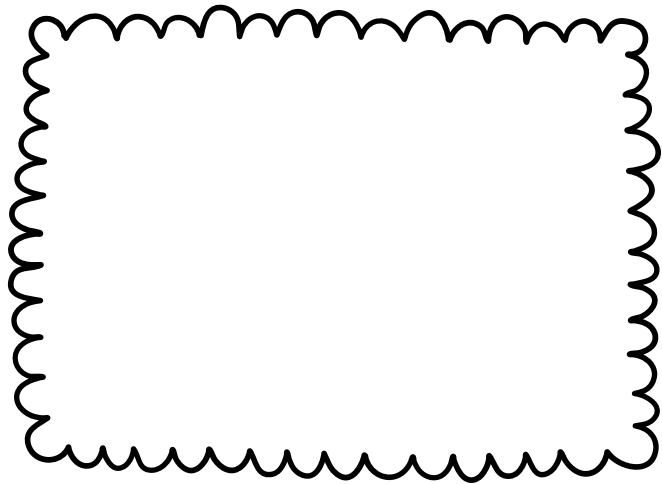


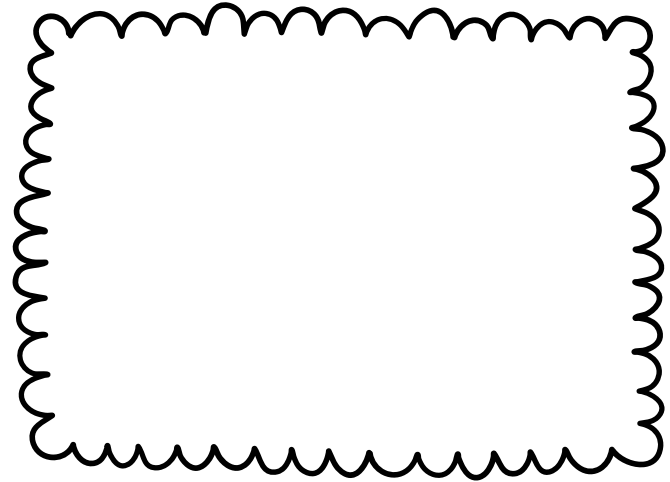


Belly breathing is one thing that may help people be mindful.

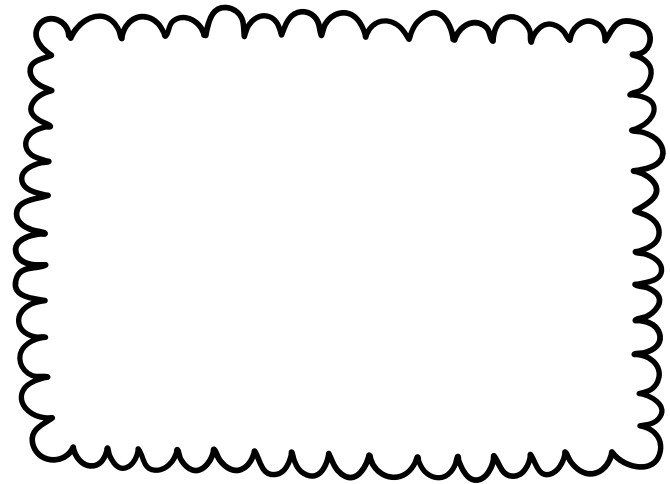
Here's me *before* my mindful practice...



During the practice...



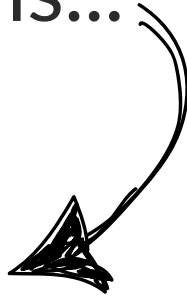
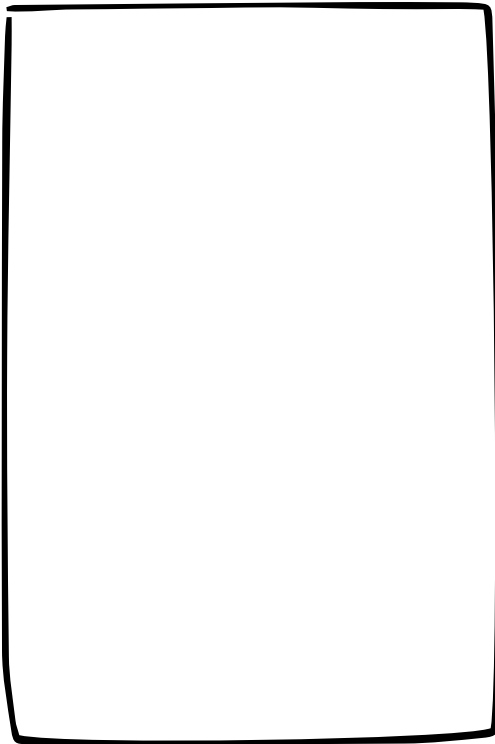
After ...





Optimistic thinking can help us be mindful.

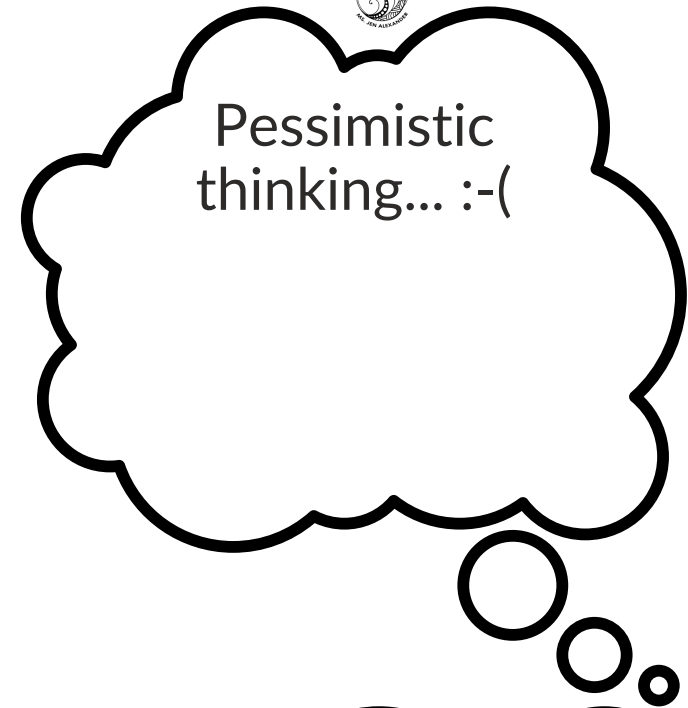
A problem I've had is...



Mindful Me...



Unmindful Me...

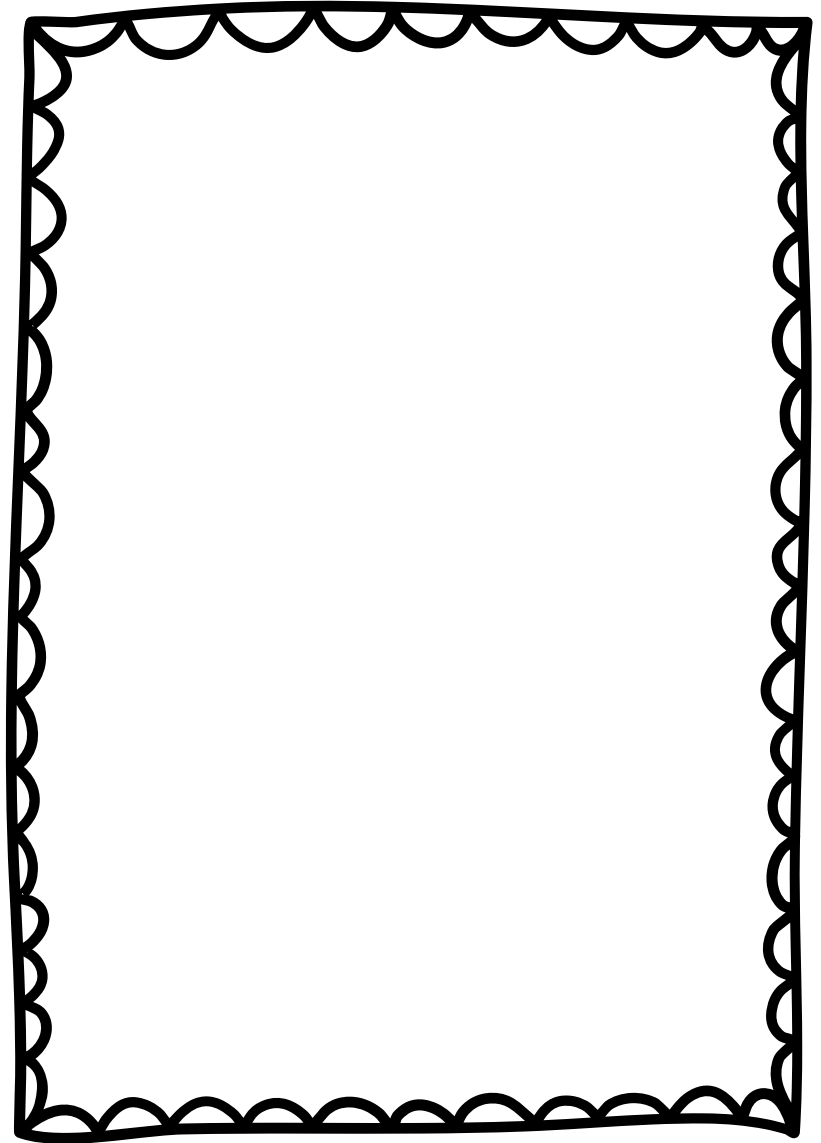




Sometimes I get big feelings when...

I can help my big feelings get smaller by...

- 1.
- 2.
- 3.

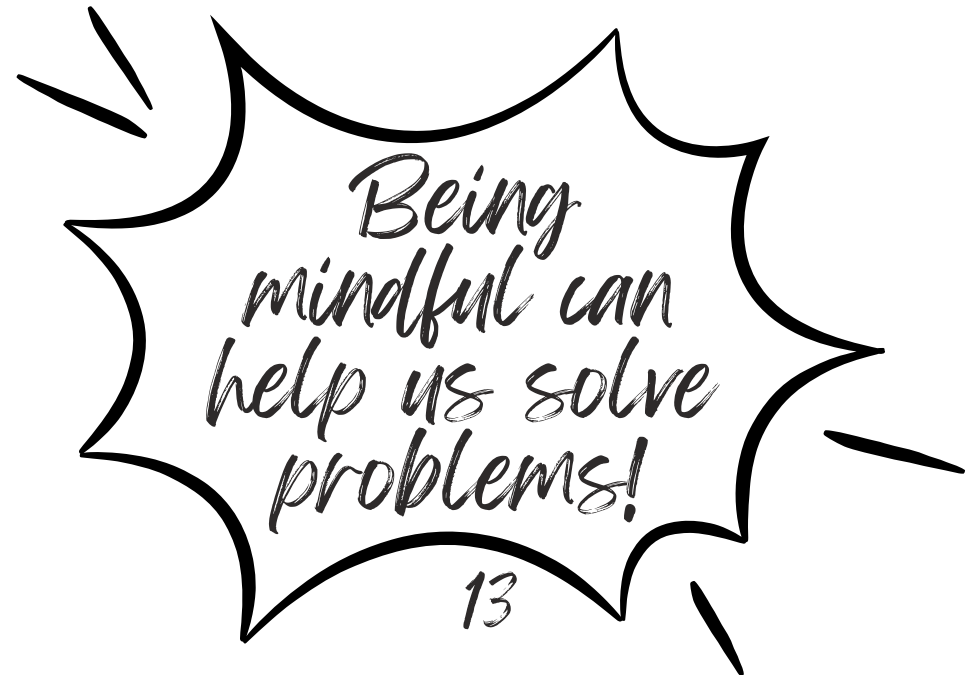




A memory in my
hippocampus is...



I can then try to solve
the problem by using
an I-message like...





Conclusion



- 1.The amygdala...
- 2.The hippocampus...
- 3.The pre-frontal cortex...



We learned about 3 parts
of the human brain...





Introduction

