

BREATHE Posters

BODY

LISTEN!
YOUR BODY IS TRYING
TO TELL YOU SOMETHING.

R **THOUGHTS** **REFLECTIONS**

**THOUGHTS ARE
JUST THOUGHTS.**

E MOTIONS

**SURF THE WAVES
OF YOUR EMOTIONS.**



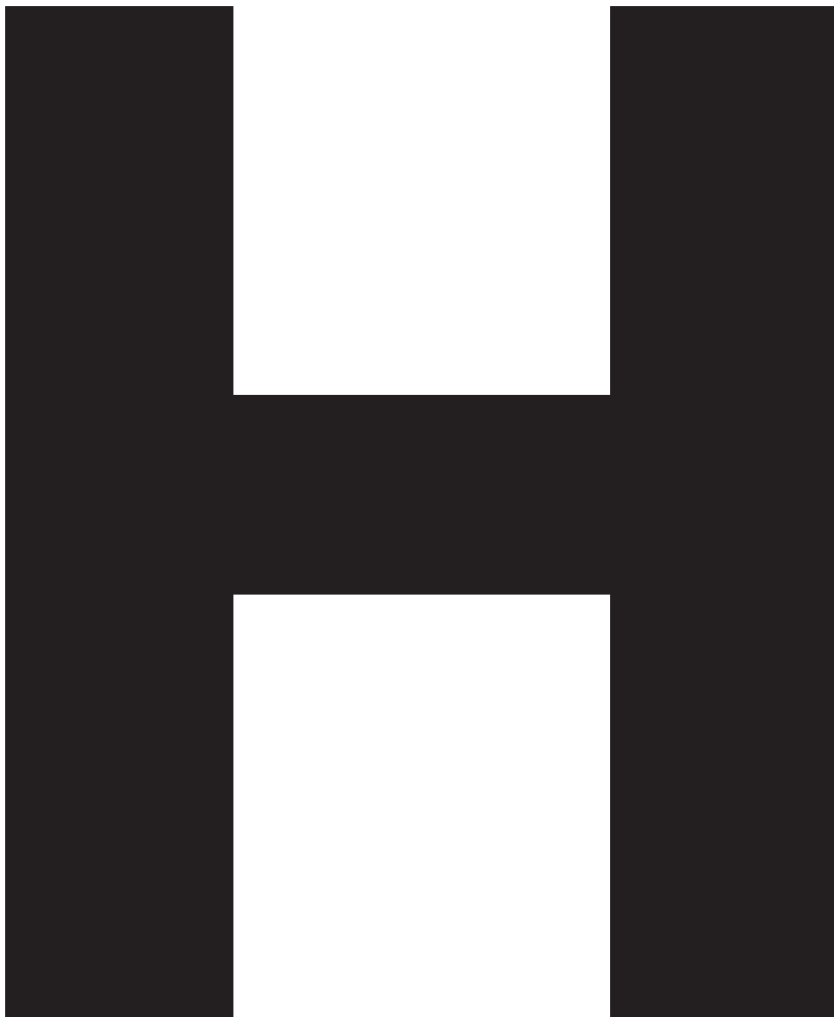
ATTENTION TO BODY,
THOUGHTS, AND
FEELINGS IS GOOD
STRESS REDUCTION.



TAKENESS

Take it as it is.

**LEARN TO BE KIND
TO YOURSELF AND OTHERS.**



HEALTHY

**habits of
mind**

**FINDING WAYS TO PRACTICE
MINDFULNESS IN YOUR LIFE
REDUCES STRESS AND
INCREASES INNER STRENGTH.**

E **MPOWERMENT**

**GAIN THE
INNER EDGE!**

Wallet Card Templates

B – Listen to your Body. R – Reflections (thoughts) are just thoughts. E – Surf the waves of your Emotions. A – Attend to the inside and the outside. T – Try Tenderness – Take it as it is. H – Practice Healthy Habits of mind. E – Gain the inner Edge. Be Empowered!	B – Listen to your Body. R – Reflections (thoughts) are just thoughts. E – Surf the waves of your Emotions. A – Attend to the inside and the outside. T – Try Tenderness – Take it as it is. H – Practice Healthy Habits of mind. E – Gain the inner Edge. Be Empowered!
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