TED Talks to Support Lesson

Optional: You may want to ask students to watch the following TED Talks that are related to the evidence-based strategies presented in this lesson:

1. Developing mindfulness
   * Andy Puddicombe: <https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes>
2. Practicing self-compassion
   * Kristen Neff: <https://youtu.be/IvtZBUSplr4>
3. Cultivating gratitude
   * David Steindl-Rast: <https://ed.ted.com/lessons/3f005sIG>