

***Stressed Teens***

 ***2020 Winter Session Jan 15th – March 4th***

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***Stressed Teens***, otherwise known as ***Mindfulness Based Stress Reduction for Teens (MBSR-T)***, is an **8-week class** where teens will learn about the benefits of leading a healthy lifestyle, simple and effective mindfulness practices, and realistic ways to incorporate healthy habits into their daily routine.

**Session Begins:**

Jan. 15th – March 4th

Wednesdays

4:00pm - 6:00pm

**Program Cost:**

$425

\*Financial Scholarships Available

**Class Location:**

*Northern Michigan Psychiatric Services, PC*

 3287 –A Racquet Club Dr.

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Mindfulness strengthens our ability to pay attention to the present moment;

to notice our thoughts, feelings and physical sensations – with curiosity and without judgment. When inspiring awareness through mindfulness - instead of reacting ***Mindlessly***, we react ***Mindfully!***

Teens participating in this class will learn about the body-mind connection and how leading a healthy lifestyle can positively impact their physical and emotional well-being. Using mindfulness practices, they will gain practical skills and learn the value of:

* *regular exercise*
* *daily physical activity*
* *healthy nutrition*
* *proper sleep hygiene*
* *thoughtful use of technology*

***\*Full and Partial Financial Scholarships Available!***

***Call for more information 231-935-0355***

* *self-gratitude - self-compassion*
* *stress-management*
* *mindfulness and meditation*

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**Your teen’s Quality of Life can significantly improve**

***Socially, Physically, Emotionally, Cognitively and Academically***

**when they choose to lead a consistent, healthy lifestyle!**

**\*Stressed Teens (MBSR-T) has been demonstrated through research to be an effective and evidence-based intervention**

About the Instructor

Wendy Weckstein, PT, MEd is a Physical Therapist and Wellness Consultant. She is certified in Mindfulness Based Stress Reduction for Teens (MBSR-T). Wendy provides health and wellness evaluations, customized wellness programming and healthy living and mindfulness classes for pre-teens, teens and young adults.

**to reduce adolescent stress and the physical and psychological problems that result.**

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**To Register:**

**Call Northern Michigan Psychiatric Services, PC**

**231-935-0355**

