



Stressed Teens

2022 Fall Session

Wednesdays, September 21st – November 9th

*Covid 19 vaccinations required

Stressed Teens, (otherwise known as Mindfulness Based Stress Reduction for Teens - MBSR-T), is an 8-week evidenced-based, group-based, and highly experiential class that was adapted from the adult MBSR program founded by Jon Kabat-Zinn. In this class teens will be introduced to mindfulness and meditation practices and learn about the profound benefits of integrating mindfulness and other healthy lifestyle practices into their daily routine.

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 respond **Mindfully!** Using mindfulness practices, teens in the MBSR-T class will gain practical skills to help them be able to regulate their emotions and navigate through life's inevitable challenges and daily stressors.

Teens will also learn about the body-mind connection and how leading a healthy lifestyle can positively impact their physical and emotional well-being through;

- regular exercise
- daily physical activity
- healthy nutrition
- proper sleep hygiene
- thoughtful use of technology
- self-kindness and self-compassion
- mindfulness and meditation

***Flexible Tuition Options Available to Everyone!**

Dates:

Wednesdays -
Sept. 21st -
Nov. 9th

4:00-6:00pm

Program Cost:

*Flexible Tuition
Options Available

*See Online
Registration Form

Class Location:

Northern Michigan
Psychiatric
Services, PC
934 S. Garfield Ave
Traverse City

Stressed Teens (MBSR-T) has been demonstrated through research to be an effective and evidence-based intervention to reduce adolescent stress and the physical and psychological problems that result

About the Instructor: Wendy Weckstein, PT, MEd is a Physical Therapist, Wellness Consultant and MBSR Teacher. She is the Director of Wellness at Northern Michigan Psychiatric Services, PC. Wendy is certified in Mindfulness Based Stress Reduction for Teens (MBSR-T) and is a Certified MBSR teacher for Adults through Brown University School of Public Health. Wendy provides health and wellness evaluations, customized wellness programming and healthy living and mindfulness classes for pre-teens, teens and young adults.

Register Online: www.mindfulnessstc.com
231-342-9634

