

**Stressed Teens**

2020 Spring Session April 29th – June 17th

 **Online Zoom Classroom**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***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;

**8-Week Class Dates:**

Wednesdays, April 29th - June 17th 4:00-5:30pm

**Program Cost:**

$425

\*Financial Scholarships Available

**Class Location:**

Online via Zoom

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!*** Using mindfulness practices, teens in the MBSR-T class will gain practical skills to help them better be able to 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*

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

**Call for more information**

**231-935-0355**

* *thoughtful use of technology*
* *self-kindness and*

*self-compassion*

* *****mindfulness and meditation*

 **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 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 certified in Mindfulness Based Stress Reduction for Teens (MBSR-T) and is an 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 at [www.mindfulnesstc.com](http://www.mindfulnesstc.com) or call Northern Michigan Psychiatric Services at:

**231-935-0355**