

 **Stressed Teens**

**2021 Spring Session**

 Wednesdays, March 24th – May 12th

Online Zoom Classroom

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***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.

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**8-Week Class Dates:**

Wednesdays, March 31st – May 19th 4:00-6:00pm

**Program Cost:**

$425

\*Financial Scholarships Available

**Class Location:**

Online via Zoom

 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*

**\*Full and Partial**

**Financial Scholarships Available!**

* *thoughtful use of technology*
* *self-kindness and self-compassion*
* *mindfulness and meditation*

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

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**Register** at[**www.mindfulnesstc.com**](http://www.mindfulnesstc.com) or call Northern Michigan Psychiatric Services at:

**231-935-0355**

**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 Qualified 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.



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