

Stressed Teens Class

2025 Fall Session



Wednesdays, Sept. 24th - Nov. 12th

Register Here:

www.mindfulnessstc.com

or call

231-342-9634

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.

***Reduced Rates and Financial Assistance are Available!**

Mindfulness strengthens our ability to pay attention to the present moment... to notice our thoughts, feelings, physical sensations and surroundings – 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

Dates:

Wednesdays,
Sept. 24th -
Nov. 12th

4:00pm-5:30pm

Program Cost:

PLEASE NOTE:
Variable Rate Options
and Financial
Assistance are
available on the
REGISTRATION PAGE!

Class Location:

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

