



# Stressed Teens

Summer Session - June 26 – August 21, 2019

*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.

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

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

**Session Begins:**  
June 26<sup>th</sup> – August 21<sup>th</sup>  
Wednesdays  
4:00pm - 6:00pm

**Program Cost:**  
\$425  
\*Financial Scholarships  
Available

**Class Location:**  
Northern Michigan  
Psychiatric  
Services, PC

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 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.