

# Stressed Teens Class



## 2023 Fall Session

Wednesdays, Sept. 27<sup>th</sup> Nov. 15<sup>th</sup>

**Register Here:**

[www.mindfulnessstc.com](http://www.mindfulnessstc.com)

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. 27<sup>th</sup> -  
Nov. 15<sup>th</sup>

4:00pm-6:00pm

#### **Program Cost:**

\$425

PLEASE NOTE:

Reduced Rate Options  
and Financial  
Assistance are  
available on the  
REGISTRATION PAGE!

#### **Class Location:**

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

**About the Instructor:** Wendy Weckstein, PT, MEd 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. In addition to teaching MBSR, Wendy provides health and wellness evaluations, customized wellness programming and an assortment of healthy living and mindfulness classes for teens and adults.

