

# Stressed Teens Class



## Winter 2025

Wednesdays,  
January 22<sup>nd</sup> – March 12<sup>th</sup>  
4:00pm – 6:00pm

\*Sponsored by Northern Michigan Psychiatric Services, PC and  
the Mindfulness Center of Northern Michigan, LLC

**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, 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

\*Reduced Rates/Financial Assistance  
are Available to All on the Registration Page

**REGISTER HERE**

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

or call **231-342-9634**

