



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!**
Call for more information 231-935-0355

Session Begins:

June 26th – August 21th
Wednesdays
4:30pm - 6:30pm

Program Cost:

\$425
*Financial Scholarships Available

Class Location:

Northern Michigan Psychiatric
Services, PC
3287 –A Racquet Club Dr.

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.

