

Stressed Teens

A Mindfulness Based Stress Reduction Course For Teens

STRESSED TEENS

8 WEEK STRESS REDUCTION COURSE

Facilitated By:
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*Check the website for upcoming dates including more information on other available workshops and groups.



Mindfulness & Meditation

The Mindfulness-Based Stress Reduction for Teens (MBSR-T) program will help teens learn simple yet effective mindfulness practices to reduce stress and worry by bringing awareness to thoughts and feelings. When inspiring awareness through mindfulness, everything changes. Instead of reacting mindlessly we respond mind-fully. Instead of revolting with aggression, we evolve to discern behavior and to choose nonviolence. Instead of feeling disconnected or helpless, we find everything we do reflects the connection of our personal lives to all others. Practicing mindfulness strengthens one's ability to pay attention, and to become more aware of the consequences for one's feelings and behaviors.

Contact Information And Location:

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Mindfulness And Teens

Adolescence can be a difficult time for teens for a vast array of reasons; yet there is often a commonality in the challenges they face that may be viewed through the lens of mindfulness. Teens can have difficulties in some key areas: perceptions and appraisals of stress, emotion-regulation, meta-cognitions, feelings of being out of or lacking control, attachment or pushing away pain and suffering and attention and focus. The MBSR-T program has the potential to shift and improve these areas in a teen's life and as a natural outcome improve one's quality of living.

Benefits of Mindfulness:

- Bring teens into the present moment through a reduction of focus on the past or future and more attention on the here and now
- Reduce: rumination, "distorted" thinking, worries, negative self-talk, and judgments
- Increase: letting go, empathy, patience, being with what is, and kindness toward self and others
- Focuses on the self-regulation of attention, thoughts and emotions

Mindfulness Skills Help With A Teens:

- Perceptions and appraisals of stress
- Emotion-regulation
- Meta-cognition
- Feeling out of control
- Suffering
- Multitasking

Mindfulness has been shown to help teens in training their brains to stay focused in the present moment which reduces anxiety and depression.

