

"A Life Affirming Course in Conscious Living." – Jon Kabat-Zinn



THE HEART OF
MINDFULNESS

UCSD Center for Mindfulness

A STRESS REDUCTION PROGRAM FOR TEENS



HOW IS YOUR TEEN COPING WITH STRESS?

In today's world, teens are under more pressure and experiencing higher levels of stress than ever before. An increasing demand in technology, academic preparation and life transitions often results in physical and emotional stressors such as irritability, anxiety and even depression, which can affect your teen's well-being and happiness. A crucial skill in managing stress effectively is to be able to deal with change whenever it occurs.



WHAT IS MINDFULNESS BASED STRESS REDUCTION?

MBSR teaches the art of living in the present moment in a non-judgmental way. This is achieved through the art of simple meditation practices, designed to reduce the challenge of everyday stressors.

Jon Kabat-Zinn, Ph.D., author and noted mindfulness teacher, developed MBSR, which is recognized by medical institutions worldwide as a leading intervention in the emerging field of Mind/Body medicine. Educational institutions at all levels are beginning to integrate mindfulness training as a way of teaching self-awareness.



IN THIS WORKSHOP, STUDENTS WILL EXPLORE HOW TO:

- Sharpen their ability to focus and pay attention
- Experience life situations with less emotional reactivity
- Learn effective strategies for making better choices
- Increase kindness and compassion for themselves and others
- Learn skills for self care

Instructors:

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*Trained by the UCSD Center
for Mindfulness.*

THE PRACTICE

- Gentle stretching and yoga
- Mindful meditation practice to encourage relaxation and awareness
- Self-regulation through journaling, activities and group discussion

We offer two five-week programs that meet for 90 minutes each week on Mondays. A late afternoon class for pre-teens (ages 10-14) and an early evening class for older teens (ages 15-19). Materials include CDs and handouts and the course includes a half-day "mini-retreat".

We periodically run a Young Adult group as well.

Email us at mindfulness@ucsd.edu if you are interested in such a group.

Cost: \$200

Date: Check Website For Dates of Next Classes

Times: *Pre-Teen: 4:30 – 5:50 PM Teen: 6-7:30 pm*

Location: 5060 Shoreham Place, Suite 200, San Diego, CA 92122

For More Information & To Register: <http://mindfulness.ucsd.edu>



For further information on upcoming course schedule, please call the UCSD Center for Mindfulness 858.334.4633 or email our instructors.