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

The Practice

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

Our program is offered weekly on Monday evenings from 6-7:30 pm and teens ages 14-19 may register for a six-week block of classes that can start any time. Materials include CDs and handouts.

(Contact us if you are interested in a pre-teen or young adult group and we can provide details on these upcoming programs.)

Cost: $200
Date: Mondays 6-7:30 pm and participants may start at any time.
Location: 5060 Shoreham Place, Suite 200, San Diego, CA 92122
For More Information & To Register: http://mindfulness.ucsd.edu

Course Instructor:
Lorraine Hobbs
M.A., C.Hom
jalhobbs@yahoo.com

Lorraine is the Director of Family and Youth Programs at the UCSD Center for Mindfulness and a senior Mindfulness-Based Stress Reduction Teacher.