

MINDFULNESS-BASED SERVICES

FOR TEENS, FAMILIES, & PROFESSIONALS

ABOUT US:

Stressed Teens offers the evidence-based Mindfulness-Based Stress Reduction for Teens (MBSR-T) program in a variety of settings and formats. We teach mindfulness-based interventions and provide skills for pre-teens through late adolescence. MBSR-T can improve youth's functioning and quality of living socially, physically, and psychologically. MBSR-T is adapted from Jon Kabat-Zinn's adult MBSR program.

SERVICES:

10-WEEK CERTIFICATE TRAINING FOR PROFESSIONALS IN MBSR-T
30 CE/CME Credits Available

6-HOUR FUNDAMENTALS TRAINING FOR PROFESSIONALS IN MBSR-T
6 CE/CME Credits Available

4-WEEK MINDFULNESS GROUP FOR TEENS & YOUNG ADULTS IN MBSR-T

WHOLE-SCHOOL MINDFULNESS-BASED SOCIAL AND EMOTIONAL (SEL) PROGRAM
Year Long

MINDFULNESS-BASED PSYCHOTHERAPY & COACHING FOR TEENS & FAMILIES

PROFESSIONAL 1:1 MENTORING AND PRACTICUM OFFERINGS

www.stressedteens.com



25 HEALTHY AND POSITIVE COPING SKILLS

1. Turn to your grounding focal points, touch your thumbs to each of your fingers, and wiggle your toes and fingers
2. Drop in to this moment, feeling your feet on the ground
3. Remind yourself to look for the beneficial things around you right now, even something basic that is benefitting you (e.g., your phone, clothes you're wearing, coffee cup)
4. Take in the Good of pleasant, positive, and healthy moments. Attend to them and savor them, let them absorb like water into a sponge
5. Be Teflon to negative thoughts and Velcro to positive ones
6. Notice what is in and out of your control – control the controllables
7. Every day is a new opportunity to do something different
8. No one can tell you how you feel, take away, or make you feel something
9. Consider the choices you are going to make and the actions you are about to take
10. Acceptance can be an answer to your problem
11. Set healthy boundaries when needed not only with others, but with yourself
12. Pain is here for a reason; listen to it
13. Repeat when needed, "I am enough. I am me with my gifts and flaws, and for that I am grateful!"
14. YET= You're Eligible Too, you deserve everything anyone else does
15. When stuck, consider uncovering, discovering, and discarding
16. You can't expect anyone to treat you any better than you treat yourself
17. Saying no is a complete sentence
18. Spend time with people who nourish and support you, not those who drain and deplete you
19. Every moment is a new opportunity to start over and do something different
20. Sometimes FEAR is False Evidence Appearing Real
21. Think of 5 things you are grateful for right now
22. Your past does not define you or decide your future
23. Consider those you trust when you need support or help
24. Replace worrying with caring and planning
25. You are good enough right now, just as you are. You are enough, period!



These coins help you to resource yourself for hard times.



Stressed
Teens

Possible Benefits for Teens Learning Mindfulness and Related Skills in MBSR-T

In alphabetical order

- Ability to Focus on Tasks
- Ability to Mindfully Respond More Often and React Less
- Enhanced Awareness of and Self-Regulation of Attention, Thoughts, and Feelings
- Enhanced Usage of Self-Care and Gratitude
- Improved Mindful Communication and Presence
- Improved Emotion Regulation and Metacognition
- Improved Overall Well-Being and Mental and Physical Health
- Increased Ability to Engage in Positive Neuroplasticity
- Increased Ability to Resource Oneself
- Increased Attention and Mindful Awareness
- Increased Sense of Agency, Control, Coherence, and Power
- Increased Stress Hardiness
- Lower Stress Levels
- Realistic Shifts in Perceptions and Appraisals of Stress
- Reduced Impulsivity and Reactivity
- Reduced Negative Coping Behaviors and Increased Positive Coping Skills
- Reduced Negative Selection Bias and the Automatic Tilt to the Negative
- Reduced Self-Harming Thoughts, Feelings, and Behaviors

Note: This is not an exhaustive list, merely the main benefits that are repeatedly reported in quantitative and qualitative research and outcomes.