



## Everyday MINDFULNESS

### Techniques for Teens to Develop Compassion, Calm, Focus and Resilience

Today's teens are struggling with managing their time, emotions, social groups, workload and discovering who they are as a student and a human being. It is a lot for anyone. They have become so technologically plugged in, that the pace of their life has become overwhelming. To compound this, the rising rates of youth experiencing chronic stress, anxiety, mental health disorders and trauma have added additional challenges that our students and educators need to navigate together.

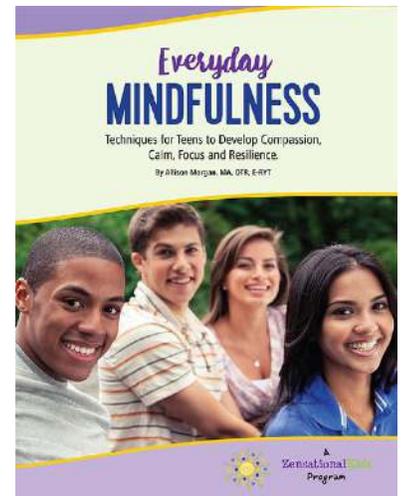
EVERYDAY Mindfulness provides students and educators with tools to pause, acknowledge, shift, and refocus.

We teach your faculty how to share simple practices with students so your entire school community can develop greater self-awareness, and self-management skills; balanced with compassion and acceptance. We blend and promote social and emotional competencies, to further support teens' understanding of mind, body and emotional connection. Students gain the power to choose and shift challenging inner states rather than becoming consumed by them.

**This 1-day training/curriculum is designed to help your faculty teach students how to:**

- Cultivate compassion, calm, focus and resilience within their students and for themselves
- Develop inner awareness of thoughts, sensations, and emotions
- Pause, notice and respond, rather than react to their daily stressors with anger, aggression or despair
- Utilize healthy stress management techniques, which can be carried with them throughout their lives
- Understand the neuroscience of the adolescent brain and the research supporting mindfulness, empowering them to take an active role in shaping their mind

Mindfulness practice helps students find relief from some of the burdens of stress and anxiety while developing personal mastery and resilience. This creates space to discover their own goodness as well as the goodness available around them.



**Evidence-based, trauma-informed and restorative tools to support social and emotional learning while promoting well-being throughout your school culture**

