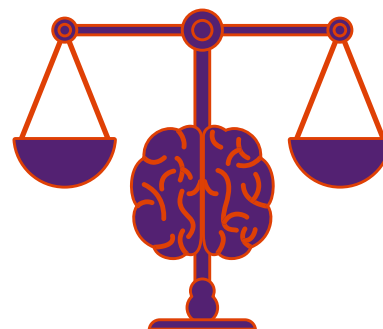


The Mindful Edge™

Skill for Being with the Ups and Downs in Life

Stress Management and Life Strategies for Teens
12-session program designed to help teens balance
stress with coping skills



The Mindful Edge

Skill for Being with the Ups and Downs in Life

Overview - The Mindful Edge

The Mindful Edge® is a specially-developed program to provide Stress Reduction and Life Strategies for Teens and Young Adults (13-19). It combines the practices of mindfulness with knowledge of brain science, positive psychology, movement and healthy living skills to create a program that benefits teens socially, emotionally, physically and academically.

Each lesson actively engages the students in an experiential and participatory method intended to reveal the student's inner resources for dealing with the ups and down in life.

The program uses mindfulness-based stress reduction skills and practices, mindful yoga, movement and stretching, as well as engaging activities designed to increase mindful awareness and promote health and well-being.

Enhancing Health and Well-Being

The Mindful Edge develops internal resources that enhance health and well-being through:

- Increasing understanding of the mind-body connection, attitudes, and relationships
- Developing the ability to replace impulsive reactions with thoughtful responses, making suitable choices which do no harm to one's self or others
- Raising awareness of habitual, auto-pilot-driven behaviour
- Encouraging empathy, compassion and sense of community

Through mindfulness practice and discussion, students learn the science of how the brain works and to use simple and accessible tools to:

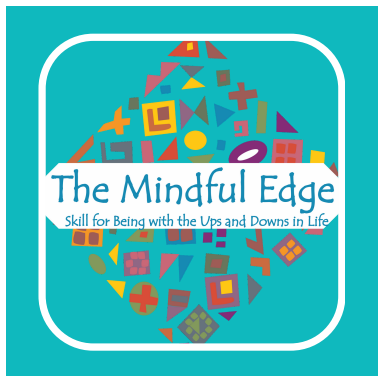
- Reduce stress
- Support emotional regulation and resilience
- Improve focus and concentration through the cultivation of present-moment attention
- Develop the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- Encourage empathy, compassion and sense of community

All our programs can be delivered remotely or in- person

Contact Us: (416) 467-4707

More Information: Angela.Ventrice@mindfulness everyday.org





COURSE STRUCTURE

The program is composed of 12 x 70 min. themed lessons, for delivery in a classroom or community setting. The Mindful Edge® can accommodate most school timetables. Materials are Supplied.

**OVERALL PROGRAM GOAL - RESILIENCE:
SKILL FOR BEING WITH THE UPS AND DOWNS IN LIFE**

12 Core Lessons

LESSON 1: WHAT IS STRESS?

Physiology of stress and how mindfulness can ease and help manage students' response to stress.

LESSON 2: WHY BE MINDFUL?

Intro to mindfulness and relevance for students, establishing personal connection - the buy-in.

LESSON 3: HOW TO PRACTICE MINDFULNESS?

Paying Attention to Body and Breath. Experience of mindful practices that use body and breath as an anchor to attention: body scan, circle breathing, mindful eating.

LESSON 4: WHAT IS THE NEUROSCIENCE OF MINDFULNESS?

The neuroscience of attention and neuroplasticity.

LESSON 5: WHAT IS THE SCIENCE OF HAPPINESS?

Happiness is a state that can be cultivated through practicing gratitude, appreciation & kindness, drawing on the recent research on Positive Psychology.

LESSON 6: WHO AM I? FINDING BALANCE (LIFESCAPE)

Part of the course requirement / certification is the submission of a project, called the Lifescape, an art-based activity that asks students to reflect and examine aspects of their life and represent them in a creative fashion.

LESSON 7: HOW TO PRACTICE SILENCE? THE RETREAT

An opportunity for continuous practice.

LESSON 8: HOW DO EMOTIONS IMPACT THOUGHTS AND BEHAVIOUR?

What is Social and Emotional Intelligence? Exploring emotional literacy, moods, feelings and the continuum of emotions.

LESSON 9: HOW TO MANAGE STRONG EMOTIONS?

We can learn to manage strong emotions in a way that helps us identify our needs and get them met in situations, and does not escalate them.

LESSON 10: HOW DO THOUGHTS IMPACT EMOTIONS AND BEHAVIOUR?

What is the Nature of Thinking? Relationships and connection can be enhanced through practicing mindful speaking and listening.

LESSON 11: HOW DOES MINDFUL COMMUNICATION IMPROVE RELATIONSHIPS?

Mindful communication involves applying principles of mindfulness to the way we correspond with others. These principles include setting an intention, being fully present, remaining open and non-judgmental, and relating to others with compassion.

LESSON 12: HOW TO BRING SELF- COMPASSION & SELF CARE IN MY LIFE?

Putting It All Together. Being Your Own Best Friend. Going forward, reviewing how students can implement self-compassion, self-care, resiliency, and connection.

Our Mindfulness Programs provide stress reduction tools, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.

They are trauma-sensitive, SEL (social and emotional learning) informed and EDI (Equity, Diversity and Inclusivity) aware.