

THE MINDFUL EDGE TEACHERS

The Mindful Edge® 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. The Mindful Edge® program is delivered by experienced teachers, each with a strong background and practice in mindfulness.



HEIDI BORNSTEIN, RP, founder and director of Mindfulness Everyday, has an extensive background in mindfulness, yoga and meditation. She is the co-creator and teacher for The Mindful Edge®— Stress Reduction and Life Strategies for Teens delivered as part of curriculum in secondary schools. Heidi is certified in MBSR (Mindfulness-Based Stress Reduction), Hatha Yoga, Meditation, SMARTeducation – Stress Management and Resiliency Techniques for Educators (SMART) and is an Instructor for University of Toronto, School of Continuing Studies.



NATALIA FISTER is a yoga and mindfulness teacher. As a high school English teacher, Natalia pioneered a credited yoga and mindfulness course in high school for the York Region District School Board. She is a certified facilitator for SMART: Stress Management and Resiliency Techniques and The Mindful Edge to high school students. She has facilitated numerous professional development workshops for educators on mindfulness in the classroom. She teaches a course on “Mindfulness in Education” at University of Toronto Continuing Education. Natalia currently teaches a 200 hour Mindful Yoga Teacher Training, uniquely applying the attitudes of Mindfulness to the teaching of hatha yoga.



FRANCA BATTAGLIA has been in the field of Education for over 15 years. She is a SMART: Stress Management and Resiliency Techniques and mindfulness in education facilitator. Franca's background also includes 3 years of chronic pain management, including yoga, meditation, mindfulness, and Mind-Based Pain Re-patterning. She is grateful to have found a path that nurtures greater conscious awareness, acceptance and clarity, and is looking forward to sharing mindfulness resources and with the community.

Mindfulness Everyday, a registered Canadian Charity # 83693 3507 RR0001, provides Stress Management & Resiliency Techniques for Teens, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.



Mindful or Mind Full

*Mindfulness is paying attention
to the here and now,
with kindness and curiosity
so we can choose our behaviour.*

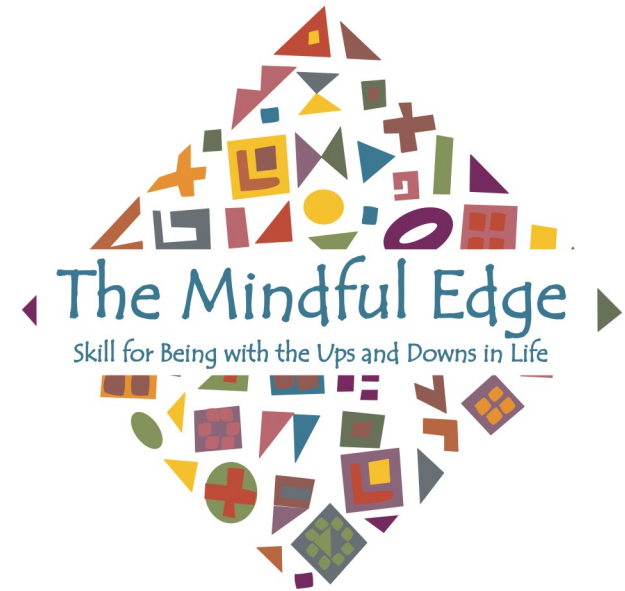


**MINDFULNESS
EVERYDAY®**

RESOURCES FOR
CONSCIOUS LIVING
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*You can't stop the waves,
but you can learn to surf*
Jon Kabat-Zinn



**STRESS REDUCTION
& LIFE STRATEGIES
FOR TEENS**

The Mindful Edge — Skill for Being with the Ups and Downs in Life

COURSE STRUCTURE

The program is composed of 60 min. themed lessons, delivered in a classroom or community setting.

Core Lessons

- Lesson 1 Looking at Stress & Mindfulness
- Lesson 2 Intro: Why Be Mindful?
- Lesson 3 Perception, Neuroscience & The Brain
- Lesson 4 Focus & Attention to Body & Breath
- Lesson 5 The Science of Happiness
- Lesson 6 Finding Balance - Who am I? (Lifescape)
- Lesson 7 The Retreat
- Lesson 8 Thoughts & the Mind
- Lesson 9 Social and Emotional Intelligence
- Lesson 10 Communication and Relationships
- Lesson 11 Responding vs Reacting to Challenging Situations
- Lesson 12 Connection - The Wrap Up & Self Care

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.

Overall Program Goal - Resilience: Skill for being with the ups and downs in life

PROGRAM MATERIALS INCLUDE:

- COURSE WORKBOOK AND HANDOUTS
- IN-CLASS EVALUATION
- CERTIFICATE OF PARTICIPATION

OVERALL PROGRAM GOALS

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

- **Reduce** negative impacts of 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
- **Provide** skills for life
- **Cultivate** relationships with self & others

According to the World Health Organization, mental health is:
"... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

WHAT DOES MINDFULNESS LOOK LIKE IN A TEEN'S LIFE?

SELF REGULATION *I learned how to remain calm in tense situations. I am definitely going to continue the mindful breathing; it actually affects the decisions I make.*

SELF AWARENESS *I learned self-control and how to deal with situations. I learned to concentrate just on myself. That is something I have never done before.*

SELF CONFIDENCE *I will not only appreciate the moment. I will appreciate the people in the moment.*

SELF WORTH *I learned that saying warm wishes to myself and others makes me happy. The most important message would be to not be so hard on yourself.*

SELF ESTEEM *The Mindful Edge has helped me to be a more positive person on the inside and out. I am more aware of right and wrong and I am able to be more focused in life.*

SELF CARE *The program taught me to stay calm and take a chill pill sometimes.*

SELF HEALING *I learned to cope with different situations. Before, I used to worry about random situations and I'd be sad all the time but the mindful breathing really helped me to approach problems differently.*