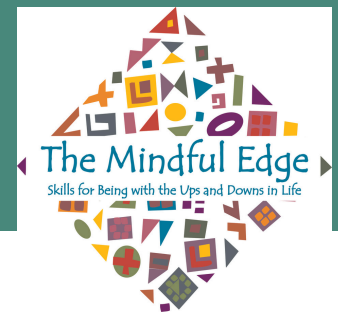


The Mindful Edge™

Skill for Being with the Ups and Downs in Life

Stress Management and Life Strategies for Teens and Young Adults



Overview

The Mindful Edge® is a specially developed program to provide Stress Reduction and Life Strategies for Teens. It is based on the principles of the MBSR Workshop program created by Jon Kabat-Zinn and has been adapted for teens and young adults with age-appropriate practices and activities.

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.

Students actively participate in the process of unfolding a practical understanding of mindfulness and how it can benefit them in their lives.

12 Core Lessons in 3 Units

Multi-session workshops for Students (grades 6-8 | 9-12) ages 12-19.

The 3-unit program is composed of 1.5-hour themed sessions, delivered in small groups, in-person or online.

UNIT 1

Lesson 1: What is Stress?

Lesson 2: Why Be Mindful?

Lesson 3: How to Practice Mindfulness?

Lesson 4: What is the Neuroscience of Mindfulness?

Unit 2

Lesson 5: How Do Thoughts Impact Emotions and Behaviour?

Lesson 6: How Do Emotions Impact Thoughts and Behaviour?

Lesson 7: How to Manage Strong Emotions?

Lesson 8: What is the Science of Happiness?

Course Structure

Being a teen is stressful! The Program helps students enhance health & well-being by:

- Reducing stress
- Cultivating present-moment attention
- Increasing focus and attention skills
- Increasing positive coping skills
- Developing emotional regulation and balance strategies
- Teaching the science on how the brain affects behaviour and learning
- Manage transitions in life, i.e. to high school/post-secondary
- Developing communication skills to foster improved relationships
- Improving overall mental and physical health and well-being.

UNIT 3

Lesson 9: How Does Mindfulness Impact Creativity?

Lesson 10: What is Mindful Self-Compassion?

Lesson 11: How Does Mindful Communication Impact Relationships?

Lesson 12: What Does Mindful Leadership Look Like?

The Overall Program Goal is
Resilience –
Skill for being with the Ups
& Downs in Life.



TDSB Partnership

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Instructors with School of Continuing Studies, University of Toronto

Mindfulness Everyday registered Canadian Charity # 83693 3507 RR0001

www.mindfulnesseveryday.org

Interested in booking? Curious to learn more? Pricing Information?

Contact us at info@mindfulnesseveryday.org

We look forward to supporting you.