

Mindful Self Compassion for Teens Class Beginning March 20, 2018

Students who take this class will learn how to care for their minds and their hearts! We learn at school how to care for our physical self: eating healthy foods, and getting enough exercise and sleep. But, has anyone taught you what to do when you are stressed, anxious, or experiencing strong emotions? We will learn about the three main areas of Mindful Self Compassion and how this class can help you.

Common Humanity	Mindfulness	Kindness
<p>We are not alone- all teens experience feelings of insecurity, exclusion, sadness, anger and frustration. There is a sense of relief to know this this is normal.</p> 	<p>Mindfulness is learning how to stay steady in the storm and to not freak out. We learn to observe our emotions, and focus on our breath. Our breath becomes our anchor. It anchors us in times of strong emotions.</p> 	<p>We remember that sometimes life is hard. As teens, we deal with a lot. So, we learn how to take care of ourselves.</p> 

Research conducted by Dr. Kristen Neff and Pittman McGehee have shown that teens with greater self-compassion experience less anxiety and depression and greater connection with others. (2010) Self compassion, which is the ability to soothe oneself and take care of oneself when experiencing difficult emotions, is a skill that can be taught.

Grand Rapids Center for Mindfulness is offering an 8 week class for teens beginning March 20, 2018. Each class is one and a half hours and involves many different types of activities. Great care is taken to create a safe and fun space for all. For more information, and to register go to Teens Just Breathe, or call Cheryl at 616-581-9217.

Early bird pricing until March 5 is \$160.00. Beginning March 6 it will be \$170.00.