

Self Compassion for Teens



Adolescence is a time of change and growth. It is an exciting period of life. But as the demands increase for teens and young adults, this time is loaded with confusion, anxiety, or depression. For many young people, these challenges lead to disconnection and isolation.

The class is developed especially for teens with teen friendly activities, practices and meditations. Teens and young adults have an opportunity to learn how to navigate the emotional ups and downs of life with greater ease. This course creates an opportunity for young people to build a healthier world view and helps them create greater compassion and empathy toward themselves and others. In a preliminary research study, this program demonstrated a 32% decrease in depression, anxiety, perceived stress and negative mood.

In this class students will learn:

- What to do with strong emotions
- How to recognize stress signs and what to do about it
- How to practice mindfulness
- How to practice gratitude
- Learn that they have choices
- Practice responding rather than reacting
- Learn about their brains and how to rewire it with new skills
- Laugh a lot!

RESEARCH IN SELF COMPASSION FOR YOUTH

DECREASE IN	INCREASE IN
Anxiety	Life satisfaction
Depression	Social Connectedness
Stress	Self Esteem
Negative Affect	

Barry et al., 2015; Neff & McGehee, 2010; Bluth & Blanton, 2014; Tanaka, et al., 2011; Zeller, Yuval, Nitzan-Assayag, & Bernstein, 2015

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