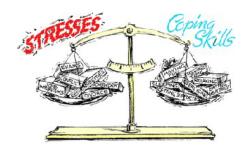


# The Mindful Edge™

Stress Management and Life Strategies for Teens  $15 \times (2\text{-hour})$  sessions, delivered in 3 units, designed to help teens balance stress with coping skills



The dramatic increase in student stress and anxiety has been widely documented. The time has never been more crucial for a well-being intervention in schools for students who desperately need support for their health and well-being.

The Mindful Edge® is a specially-developed program to provide Stress Reduction and Life Strategies for Students, based on the principles of the MBSR Workshop program created by Jon Kabat-Zinn. 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.

## The Program Helps Students Enhance Health and 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 communications skills to foster improved relationships
- Improving overall mental and physical health and well-being

**The Mindful Edge™** is a rich, engaging, experiential evidence-based program we created for students to help them develop internal resources and it has been taught in schools for over ten years. It provides students with simple and accessible tools so they can gain control and transform their lives

# All our programs can be delivered remotely or in-person

(Includes Electronic Student Workbook and materails)

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

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

#### Session Theme

#### Unit 1 - Mindfulness Essentials

Session 1: What is Stress?

Session 2: Why Be Mindful?

Session 3: How to Practice Mindfulness? Paying Attention to Body and Breath

Session 4: What is the Neuroscience of Mindfulness?

Session 5: Connection - The Wrap Up

### Session Description

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

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

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

The neuroscience of attention and neuroplasticity.

Going forward, reviewing how participants can implement mindfulness practice into daily life.

## Unit 2 - Social and Emotional Learning

Session 6: What is the Science of Happiness?

Session 7: How do Emotions Impact Thoughts and Behaviour?

Session 8: How to Manage Strong Emotions?

Session 9: How do Thoughts Impact Emotions and Behaviour?

Session 10: Connection - The Wrap Up

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

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

Exploring thinking, including the impacts of perception, implicit bias, cognitive distortions. Investigating mindful self-compassion, self-care, and resiliency.

Going forward, reviewing how participants can practice healthy mental and physical habits, self-awareness, emotion regulation and connection.

## Unit 3- Mind Leadership

Session 11: What is Mindful Self-Compassion?

Session 12: How Can Mindfulness Impact Creativity?

Session 13: What Does Mindful Leadership Look Like?

Session 14: How Does Mindful Communication Improve Relationships?

Session 15: How to Bring Self-Compassion & Self Care in my Life?

Self-compassion is a skill that can be cultivated, exploring the three foundations of mindful self-compassion: mindfulness, self-kindness and common humanity.

Exploring mindful art-based activities.

Investigating the aspects of mindfulness that support leadership: awareness, attention, intention and action.

Relationships and connection can be enhanced through practicing mindful speaking and listening. Principles of mindful communication include setting an intention, being fully present, remaining open and non-judgmental, and relating to others with compassion.

Putting it all together. Going forward, reviewing how participants can implement self-compassion, self-care, resiliency, and connection into their lives..



