

# Learning to BREATHE®

Mindfulness training for teens (ages 13-17)



*Come explore mindfulness practice as a creative approach for managing stress*



Being a teen is stressful! Whether it's school, friends, or dating, the teen years are full of difficult changes—mentally, emotionally, socially, and physically. If you're like many teens, you may have difficulty dealing with stress in effective ways. You aren't alone, and there are things you can do to help yourself, no matter how stressful life becomes.

This **8-week class** will focus on the following areas of mindfulness training:

- B** — Learn to listen to your Body
- R** — Reflections (thoughts) are just thoughts
- E** — Surf the waves of your Emotions
- A** — Attend to the body, thoughts, and feelings
- T** — Tenderness, take it as it is. Learn to be kind to yourself
- H** — Practice Healthy Habits of mind

**Location:** Davis Behavioral Health  
934 S. Main St. Please enter in through the Children and Youth Clinic.

**Time:** 5:00pm—6:00pm

**Start Date:** Thursday, September 6  
Thursday, November 1  
Thursday, January 3  
Thursday, February 21

**REGISTRATION  
REQUIRED**



**To Register:** [dbhprevention.org/learningtobreathe](http://dbhprevention.org/learningtobreathe) OR  
contact Angie Smith 801-773-7060 ext. 502

This is an educational group,  
NOT a therapy group.