

MINDFULNESS AND SELF-COMPASSION - AN INTRODUCTORY SESSION FOR STUDENTS 14-18

Meet Instructor - Heidi Stark, M.Ed,
RYT 500



Heidi received her Mindfulness-Based Stress Reduction (MBSR) teaching certification through Brown University's School of Public Health and has taken MBSR through UMass Memorial Mindfulness Center. She has trained to teach MSC with the Center For Mindful Self-Compassion.

Heidi holds Bachelor's Degrees and a Master's Degree in Education with a concentration in Family and Society. She is a licensed teacher through the Ohio Dept. of Education. She is also a registered yoga teacher (RYT500) with advanced trainings in child, family, and adolescent yoga, yoga for cancer and trauma-informed practices.

Heidi lives in Bryan with her husband and two sons.

Heidi is the owner of H.J. Stark Wellness and Consulting.

**Tuesday, September 26, 2023
6:45-8:15 pm**

Intended Audience: Students ages 14-18

Class Description:

Today's teenagers are reporting increased stress levels, anxiety, and depression more than ever before. Mindfulness practices are a proven way to manage stress and anxiety, strengthen our natural capacity for emotional resilience and compassion for ourselves and others, and decrease moments of reactivity.

What is mindfulness? Mindfulness is simply being aware of life as it unfolds. It's paying attention to thoughts, body sensations, and our life experiences on purpose, moment to moment, with curiosity and kindness. Mindfulness is a practice that is research-based and proven to help humans of all ages meet stress and challenges.

In this session, participants will explore what mindfulness is and is not, experiment with shifting focus and attention, and learn about their zones of awareness. Self-compassion will also be touched upon, highlighting the importance of being kind to ourselves and understanding that we are not alone in our struggles. Age-appropriate activities that can be generalized and utilized to assist in dealing with difficult emotions to reduce stress and anxiety and increase joy will be introduced. Included will be art, mindful meditation, and gentle movement.

This class will be held at Community Hospitals and Wellness Centers in the Bard ABC Conference Room.

Some gentle movement will be part of the class, wear comfortable clothes. Mats will be provided or bring your own if you would like.

Space is limited. Please register ASAP or no later than Wed., Sept 20 - to reserve your spot by contacting

Kathy Davis at:

kathydavis@chwchospital.org

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