



*“mindfulness has helped me cope with my anxiety”*

*“the techniques I learnt have worked well in stressful situations”*

*“I liked how the exercises help me not just during class but I can use them all the time & anywhere.”*

# STRESS LESS with MINDFULNESS

## A course for teens 12-14

Young people are often too busy and can't find time to just be. They have a head full of anxious thoughts, are easily distracted, often stressed and many have trouble sleeping. Mindfulness is an approach to life that involves paying attention to the present moment and can help us to be calm in times of stress or difficulty.

In our Mindfulness Program you'll learn:

- ✓ how to direct your attention to concentrate better
- ✓ about the good and bad side of stress
- ✓ how the brain affects emotions and thoughts
- ✓ strategies for studying
- ✓ how to feel calmer and happier in yourself and with others
- ✓ how and where emotions project in your body
- ✓ how to relax your mind & body

**DAY:** Monday's (10 weeks)

**DATES:** September 25  
October 9, 16, 23, 30,  
November 6, 13, 20, 27  
December 4

**TIME:** 5pm to 6pm

**COST:** HK\$3,600

**LOCATION:**

**Balance Health**  
2705, 27/F Universal Trade Centre,  
3-5 Arbuthnot Rd, Central  
*For bookings email:*  
[appt@balancehealth.com.hk](mailto:appt@balancehealth.com.hk)

### Course includes:

*Sitting Still app or CD of guided meditations*

*Tools and resources throughout the course and access to 'student only' page on the website*

*Weekly home practice through the program workbook*

Want to know more?

**Contact Angie Bucu**

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[www.ingredientsofwellness.com](http://www.ingredientsofwellness.com)  
visit the **Mindfulness menu**

