

# MUSC Health & Wellness Institute Mindfulness for Teens



The Mindful Teen virtual series is a 5-week course to help teens (ages 13-17) learn the principles of mindfulness, stress-management techniques, and skills to managing difficult thoughts and emotions. Research has shown that mindfulness has many benefits for teen's well-being, including increased self-awareness, improved emotion regulation, and decreases in mental health symptoms related to depression, anxiety, or ADHD. By the end of this series, teens will have a deeper understanding of themselves and feel more present in their busy lives!

5 group sessions (May 3, May 10, May 17, May 24, May 31)  
4:30pm - 5:30pm  
\$99 Total

Scan QR code to register.  
For questions please call MUSC  
Health and Wellness Institute at  
(843) 985-0802.

