omaha integrative care
mind • body wellness

Teen Mind Body Medicine for Stress Reduction

What is Teen Mind Body Medicine for Stress Reduction Class?

Teen Mind/Body Medicine for Stress Reduction teaches self-care to help reduce frustrating symptoms from daily stresses. Early stress can lead to anxiety, depression, a weakened immune system and increased physical symptoms or illness. The 8 weeks are designed to teach teens about reducing stress and build resilience through a variety of mind/body practices, in order to enhance their ability to heal and grow.

Who is this for?

This class is for teens, ages 14-18 years old who are wanting to learn more about taking care of themselves; mind, body and spirit. The techniques taught can be helpful for teen who struggle with:

- Pain conditions
- Self-esteem
- Depression and anxiety
- Eating disorders
- Athletic performance stress
- Social media stress and pressure
- Stress, grief and other life issues

What topics are covered?

- Understanding stress and our response
- Learning to bounce back
- Yoga and nutrition
- Negative self-talk
- Mind body medicine practices

What are the benefits?

- Improved health and immune functioning
- Emotional resiliency
- Improved concentration, creativity and productivity
- Relaxation from everyday teen stressors
- Improved self esteem and body awareness

When is it?

- See schedule for next class dates

What is the cost?

- $350 for 8 week session
- Binder and materials included
- Insurance may be accessed

Get started with the next class:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email s.jelden@omahaic.com.

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