

Mindfulness Resources for Teens

What is Mindfulness?

You've probably heard of mindfulness – but what is it exactly and why would you want to do it? Find a two-minute description from Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction, on the University of California, Berkeley's Greater Good Science Center website. Go to greatergood.berkeley.edu and search for "Mindfulness." The site also lists the many benefits of practicing mindfulness.

Local Classes and Groups

Palo Alto Medical Foundation

- **C.A.L.M. (Cultivating Awareness to Live Mindfully):** three-week interactive classes for middle and high school children, PAMF Palo Alto Center, sign up at pamf.org/healtheducation
- **Free drop-in yoga for teens:** PAMF Palo Alto Center, 67 Encina, Palo Alto, Tuesdays from 4 to 5 p.m.

Insight Meditation Center

The Mindful Teens group meets twice monthly in Redwood City (free), mindfulteens.net

Avalon Yoga Center

This yoga center in Palo Alto (avalonyoga.com) offers the following classes:

- Free drop-in kids yoga, ages 7 and older, Tuesdays 4:15 to 5:15 p.m.
- Free drop-in teen yoga, Thursdays 4:15 to 5:15 p.m.

Online Resources

Mindfulness for Teens

This website explains mindfulness and its benefits and offers free guided meditations of varying lengths. The site was created by Dzung X. Vo, M.D., FAAP, a pediatrician specializing in adolescent medicine, at British Columbia's Children's Hospital. mindfulnessforteens.com

Mindful Magazine

This online magazine offers articles and videos on the benefits of mindfulness and how to start a practice. mindful.org

Tools for Peace

This site lists the benefits of mindfulness for individuals, schools and communities. You can register for online programs for adults and in-person camps for children and teens. This organization also offers a mindfulness app called *Stop, Breathe & Think*. toolsforpeace.org

Mindful Schools

This website offers online and in-person classes for adults as well as trainings for people interested in teaching mindfulness to children. mindfulschools.org

AnxietyBC Youth

This nonprofit organization offers simple, practical tips, videos and the *MindShift* app to help teens cope with anxiety and understand that they are not alone. youthanxietybc.com

Center for Mindful Self-Compassion

This website, created by academics, offers recordings of guided practices. centerformsc.org

University of California, Los Angeles Mindful Awareness Research Center

This site offers free guided meditations that you can download through iTunes. Go to marc.ucla.edu and click on "Free Guided Meditations" on the top navigation bar.

The Mindful Kids

This site features classes and in-school trainings for children, teens and adults. There are also short videos that are accessible to children on the concepts of mindfulness, gratitude and happiness. The site was created by Sarah Newman who teaches PAMF's C.A.L.M. class. themindulkids.com

Mindfulness: Finding Peace in a Frantic World

This website offers a collection links for guided audio of mindfulness practices from a course developed at Oxford University in England. Go to franticworld.com and under the "Resources" tab, select "Free meditations from mindfulness."

Mindfulness & Health

This website, created by Renée Burgard, LCSW, PAMF's Mindfulness-Based Stress Reduction instructor, includes downloadable guided mindfulness practices (meditation, yoga, body scans, breathing and driving). Go to mindfulnesshealth.com and click on the "Audio Files" tab.

Apps

MindShift

This app offers strategies and tools to help you cope with everyday anxiety, test anxiety, perfectionism, social anxiety, worry, panic and conflict.

Stop, Breathe & Think

This tool helps guide you through meditations for mindfulness and compassion.

HeadSpace

This app teaches adults and teens meditation. It has a free 10-day trial period and lets you connect with friends and track progress.

Take a Chill for iPhone – Stressed Teens

This app teaches mindfulness skills and provides tools for pre-teens through older teens.

Books

"The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress" by Gina Biegel, M.A., LMFT

"Breathe: Yoga for Teens" by Mary Kaye Chryssicas

"Mindfulness for Teen Anxiety" by Christopher Willard

"A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions" by Amy Saltzman, M.D.

"The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time" by Dzung X. Vo, M.D., FAAP