



## Managing Your Time and Managing Your Mind: Mindfulness-Based Time and Stress Management for Adolescents and Young Adults



Late adolescence / early adulthood is a time of increasing pressure and stress. Young people often find themselves overwhelmed with higher academic workloads, athletics, fine arts, part-time jobs, and social events. The struggle to successfully balance commitments can lead to increased worry, anxiety, frustration, irritability, and depression. “Managing Your Time and Managing Your Mind” is a structured four-week group for high school and college students designed to increase productivity and decrease stress. Participants will learn skills to better balance important obligations with good self-care and productively focus time and energy.

### In this group, students will:

- Learn mindfulness skills for reducing stress and increasing focus
- Explore personal values and increase behaviors congruent with those values
- Decrease counterproductive work habits such as procrastination and avoidance
- Develop strategies to improve organizational skills
- Learn ways to balance academics, extra-curricular activities, work, and social events

**When:** Wednesdays from 6:00pm–7:15pm, May 4th – May 25th, 2016

**Where:** [The Office of Wynns Family Psychology, Cary Location](#)  
130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leader:** [Dr. Lori Thomas](#)

**Ages:** 16–20

**Fee:** \$80 per week or \$295 for paying for all four sessions in advance. (Most insurance plans will reimburse a percentage of these fees.) A \$80 deposit is required to reserve a spot. Prior to the group, a 30-minute private consultation with the group’s doctor (to discuss concerns and goals) is strongly encouraged (additional \$80). (Deposits and advanced payments are non-refundable.)

**Register:** Call 919-467-7777 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com).

Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice or the [group leader](#).

**Space is Limited So Call or [Email Now](#) to Reserve Your Spot!**