



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: Mondays 7:00pm–8:15pm or Saturdays 1:00pm–2:15pm, for four weeks starting in November or December (date and time TBD, based on which works best for most participants)

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

Leader: [Dr. Mike Daniels](#)

Ages: 16–20

Fee: \$75 per week or \$275 for paying for all four sessions in advance. (Most insurance plans will reimburse a percentage of these fees. We can help file for insurance reimbursement.) A \$75 deposit is required to reserve a spot.

Register: Call 919-467-7777 or email Info@WynnsFamilyPsychology.com.

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

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