

Find Your Calm

Meditation for Teenagers



Gain more control over your emotional regulation, learn to navigate emotions in a positive way by using basic meditation techniques

Program

Online and On-site
Guided Meditations

Ongoing Support

Monthly Newsletter

Highlights

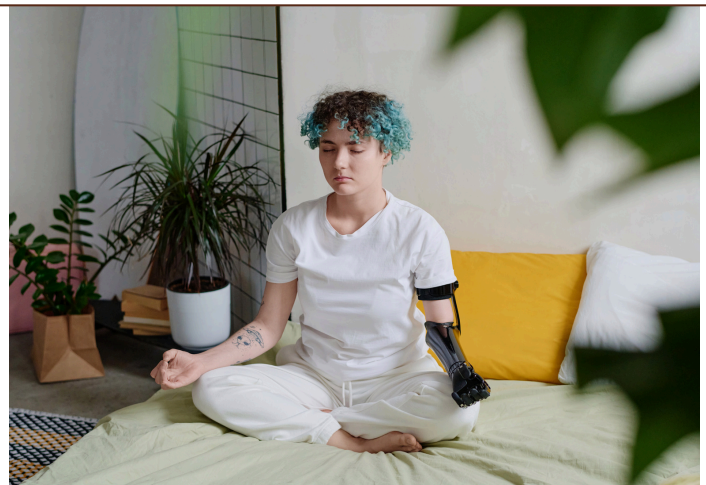
Meditation Handbook

Mindfulness Activities

Guided Meditation
Library

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Why Meditation Matters

Meditation for Teenagers



What is Meditation?

- Meditation is a practice of focused attention to calm the mind, balance the nervous system and enhance mental clarity.
- How it Works:
 - Involves paying attention to your breath or a point of focus.
 - Encourages nonjudgmental observation of your thoughts.
 - Helps your brain "reset" when overwhelmed.
- Why It's Effective:
 - Reduces anxiety and improves concentration.
 - Helps teens navigate emotions in a positive way.

Why Regular Meditation Matters for Teenagers

- How it Helps:
 - Enhances ability to focus which can benefit teenagers in school
 - Boosts confidence and resilience
 - Improves emotional regulation for a sense of greater self control
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