

## IYK® TEEN WELLNESS WORKSHOP SYLLABUS

The impact of technology on our teenagers is staggering. Anxiety and depression is at an all-time high affecting their physical and mental health. Middle school and high school students (ages 10-18) must manage their changing bodies and brains in order to balance academic and athletic pressures and parental and social demands for successful futures.

### ***In this 2-hour course, teenagers will:***

1. Explore the science, psychology and philosophy of movement, meditation and mindfulness for all ages and abilities
2. Gain a solid understanding of The IYK® High5 Habits and how to incorporate them into daily life
3. Discover movement and mindset techniques for preventative and prescriptive situations on the field, court, pool, studio or stage

### *You will leave with practical skills to:*

- **Shift From Breakdown to Breakthrough:** Learn to address stress and anxiety with real-world tools and inspiring insights to self-regulate and find more joy and purpose.
- **Reduce Behavioral Challenges:** Gain a deeper understanding of how stress and emotional dysregulation impact moods, and uncover effective strategies to foster a proud and productive environment.
- **Boost Engagement:** Discover exercise and energy management skills to maximize endurance and create meaningful connections that inspire friendship and mentorship.
- **Feel Empowered:** Avoid burnout and walk away with fresh ideas, practical solutions, and a renewed sense of confidence to face fears with courage and overcome challenges with clarity and optimism.