

# Mind Matters

## THE POWER OF MINDFULNESS, HARDINESS AND POSITIVE MINDSET

All of us will face adversity at some point in our lives. Having the opportunity to identify sources of stress and learn practical and healthy ways to cope can assist individuals thrive despite being faced with challenges.

Mind Matters is a two hour course designed to help 6<sup>th</sup>-12<sup>th</sup> grade students learn how to navigate through the tough times and grow from their experiences. Through this interactive course, students will learn to identify sources of stress and practice a variety of techniques to help build mindfulness, hardiness and a positive mindset.

Mind Matters will help students:

- Define and identify sources of stress
- Develop a deeper understanding of how hardiness, mindfulness and positive mindset build resilience
- Practice a variety of techniques to help reduce stress and build resilience
- Utilize the four most powerful questions to explore interests and plan for the future.

**Log on to <https://www.janamariefoundation.org> to gain access to course materials, including:**

- Student Workbook
- Completion Certificates
- Teacher Manual
- And More!

*Jana Marie*  
FOUNDATION

*Empowering young people. Enhancing their communities.*