

# Do you have a teen between 12 and 17 years old?



Does your teen experiences high levels of anxiety, worry, or sadness?

You and your teen may be eligible to be part of a study about improving health and happiness in teens!

## Teens who participate have the opportunity to:

- be part of a 9-week program that includes learning mindfulness skills, 30-40-minute online sessions with a program coach.
- answer interview and survey questions before, during, and after the program.

## Parents who participate will be randomly assigned (like a coin flip) to either:

- only answer interview and survey questions before, during, and after the program
- both answer interview and survey questions and take part in the same mindfulness program as their teen.

## Each participant may receive up to \$110 for completing all parts of the study.

- All parts of the study will be remote, using online surveys, Zoom meetings.
- Interviews and surveys will take a total of ~5 hours, and the mindfulness program will take a total of ~16.5 hours.

## What is mindfulness?

- The mindfulness program will teach participants skills like:
  - being more aware of their own thoughts and feelings
  - calming down by focusing on their breathing when stressed
  - focusing on things for which they are grateful
- Mindfulness may help people:
  - manage their thoughts and feelings more effectively
  - improve their focus, relaxation, and even sleep
  - be kinder to themselves and to others, and improve relationships

**For more information about the Kind Minds Program, please contact us:**

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