

# What:

Tools for All Teens is a self-empowerment program which provides teens with wellness activities and tools such as yoga, mindfulness meditation and journaling.

The purpose of these tools is to enable young people to cope better with stress and lead fuller, richer and happier lives.



Tools  
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Teens

# Who:

Trish Drynan holds a degree in Sociology and Psychology. She has been a Certified Life Coach in personal health and wellness for 10 years. She has been practicing yoga for over 20 years and has been a certified yoga instructor for 5 years. She is a mother of two teenage daughters.

# Reasons:

In February, 2013 the TDSB released a mental health census which was conducted in 2011, involving over 100,000 students. The outcome was disturbing.

- Over 70% of the teens reported feeling sad, worried and concerned about their future.
- 50% of the teens who participated in the survey, said they felt sad and anxious on a daily basis.
- 40% of teens felt they were under a lot of stress.
- These alarming statistics have ignited in us a passion and commitment to helping youth find healthy ways of managing their stress.

# Goals:

Our goal is to teach teenagers how to live a more mindful existence with less stress and more balance and joy in their lives.

Within a workshop setting, the students will learn how to reduce stress and anxiety through yoga, mindfulness meditation, and journaling. In addition, other practical approaches to calming the mind and body will be discussed. Finally, we will introduce the topic and importance of finding a mentor they trust and respect.



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# Benefits:

- By empowering teens as early as possible with stress reduction tools, they will be able to lead happier, healthier, and less stressful lives.
- teaching these tools in life will assist them in finding an easier way to manage the challenges they are so often faced with.
- T4AT can also help relieve some of the pressures teachers and guidance counsellors are faced with on a day to day bases.

# Conclusion:

Over the years Trish has run several workshops on yoga and Life Balance, including some within the TDSB. She also ran “A Day of Balance”, at various times throughout the year.

Trish practices what she teaches. She is a firm believer that going within and believing in yourself are essential to balancing the daily stresses we all face, and finding mental, emotional and physical peace.

**For Further information please contact either:**

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## THE FOUR AGREEMENTS BY DON MIGUEL RUIZ

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Tools  
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### 1) BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

### 2) DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions of others, you won't be the victim of needless suffering.

### 3) DON'T MAKE ASSUMPTIONS

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can transform your life.

### 4) ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under the circumstances, simply do your best, and you will avoid self-judgement, self-abuse and regret.

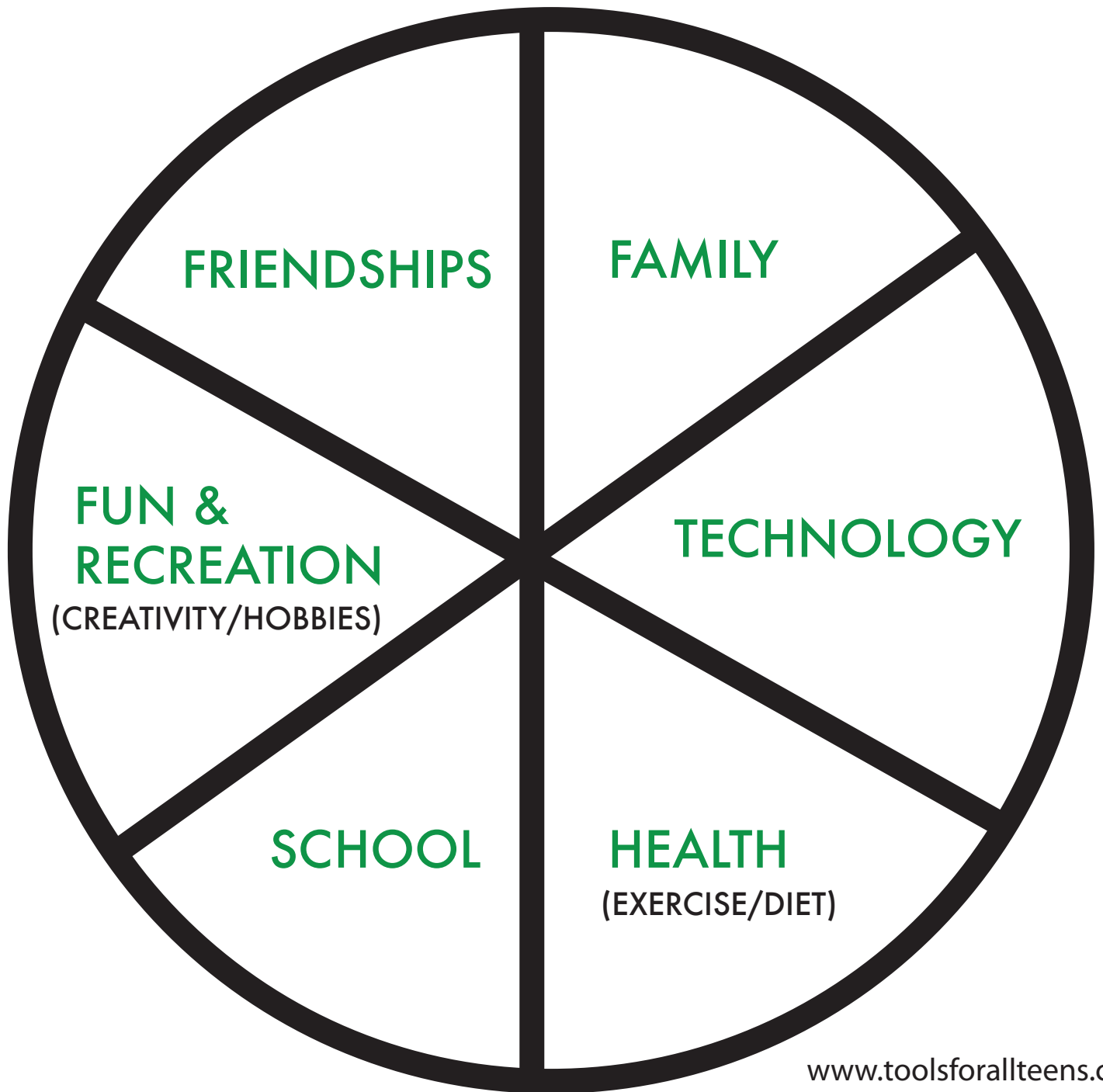
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WHEEL  
OF  
LIFE

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Teens



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## 10 TOP TOOLS FOR MANAGING STRESS

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Tools  
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- Breathe (deeply).
- Mindfulness (being in the moment).
- Yoga/Exercise.
- Spend time with family and friends.
- Find a hobby or creative outlet.
- Spend time outside.
- Journal.
- Find a mentor.
- Spend time on your own, (free of your phone and computer).
- Practice positive thinking patterns.