

Yeah Dave!

SOOTHING TEENAGE ANXIETY



These meditations can be used to start the day, before introducing a lesson, or before a test, challenging situation or task. These are meant to bring focus and calm in both mind and body to students....and you, too!

Dave Romanelli, teacher, author, business owner, and wellness innovator, has shared seven meditations for teens:

Click on each Day to be taken to a different meditation for your use and enjoyment!

LISTEN TO DAYS 1-4

[Day 1.](#) Let it go

[Day 2.](#) Breathe

[Day 3.](#) Smile

[Day 4.](#) Ride the Wave

LISTEN TO DAYS 5-7

[Day 5.](#) Bounce Back

[Day 6.](#) Loving Kindness

[Day 7.](#) Grateful Me

BENEFITS OF MEDITATION AND MINDFULNESS:

- Lowers cortisol levels (cortisol causes stress)
- Decreases the sympathetic nervous system (which causes the fight, flight or freeze mode when you are angry, scared, or anxious)
- Increases your immune system function (which boosts your health)
- Increases connections in the brain
- Improves your concentration
- Improves attention span
- Increases activity in the pre-frontal cortex of the brain
(the place in charge of planning and judgment)
- Improved cognitive function
- Reduces depression
- Reduces anxiety and nervousness
- Reduces self-doubt
- Increases happiness
- Increases compassion

