

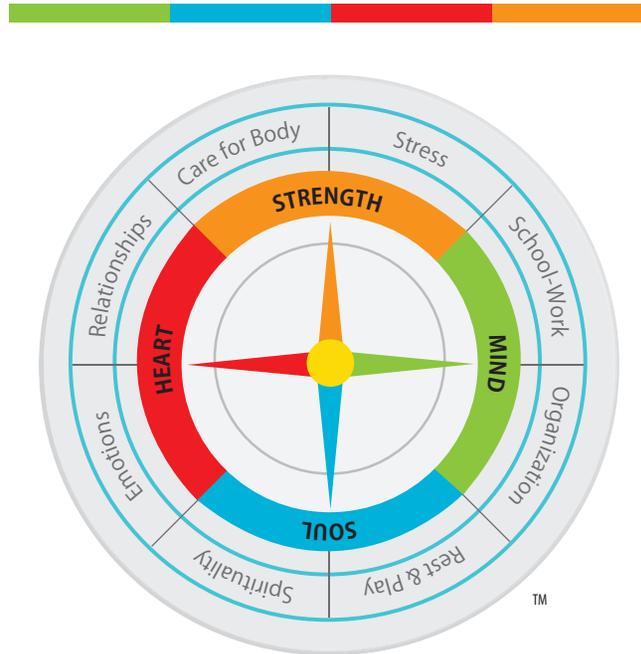


Living Compass Wellness Notebook for Teens helps teens:

- Reflect on whether they are comfortable with the decisions they are making in their lives.
- Strengthen their relationships with family and friends.
- Make healthy choices caring for their body, mind, heart and soul.
- See that there are resources for them when they are in need of help.
- Prepare for and better handle the many transitions that occur at this “coming of age” period of life.
- Reduce and better manage the particular stresses that face them.
- Have authentic conversations with others about what is going on in their daily lives.
- Become aware of the interconnectedness of the eight dimensions of wellness.

Leader Guide and 1 Sample Teen Notebook
\$25.00

Teen Notebooks \$10.00 each



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LIVING COMPASS™
heart . soul . strength . mind

A Whole New Approach to Teen Health and Wellness



The Living Compass Wellness Notebook for Teens emphasizes the growing responsibility teens have for their health and well-being.

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Negotiate Change and Handle Stress

Teens negotiate significant changes and transitions, both planned and unplanned, that cause them stress. This notebook gives them the tools they need to be intentional and proactive in handling the stress that accompany these changes.

Develop Decision Making Skills

The Living Compass Wellness Notebook will inspire teens in a tangible way to take responsibility for the decisions they make. They do this by listening to themselves and then choosing what they want to do differently. This notebook helps young people think concretely about how their decisions are the building blocks of their adult lives.

Define and Strengthen Value System

This notebook helps teens identify the values they believe are important and helps them reflect on whether they are living into those values.

Feel Empowered

Through the use of this notebook teens will become more aware of the power they have to take their life in a healthy direction. Their decisions are important and are increasingly their own.

The Living Compass Wellness Notebook for Teens gently prods teens to reflect upon their lives and the decisions they are making. The curriculum provides an environment for teens to address their world, including all the stresses, demands, and distractions facing them today. Each young person will take a private self-assessment on the following eight areas of wellness.

Spirituality	Rest & Play	Handling Emotions	Relationships
Care for the Body	Stress Resiliency	Work-School	Organization

They will decide if they are comfortable with what they see. Throughout the sessions they will learn skills for improving the eight areas of their life, deciding along the way if there are small changes they want to make. This program can be used in a group setting or one on one with teens. The Leader's Guide provides instruction on how to use the notebook in a group setting.

Suggested Usage:

- as a school curriculum
- part of after school programs
- with counselors
- with friends
- with parents
- on their own

Visit our website or call 414-964-4357 to take the next step to learn more about Living Compass for Teens.

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