

Possible Benefits for Teens Learning Mindfulness and Related Skills in MBSR-T

In alphabetical order

- Ability to Focus on Tasks
- Ability to Mindfully Respond More Often and React Less
- Enhanced Awareness of and Self-Regulation of Attention, Thoughts, and Feelings
- Enhanced Usage of Self-Care and Gratitude
- Improved Mindful Communication and Presence
- Improved Emotion Regulation and Metacognition
- Improved Overall Well-Being and Mental and Physical Health
- Increased Ability to Engage in Positive Neuroplasticity
- Increased Ability to Resource Oneself
- Increased Attention and Mindful Awareness
- Increased Sense of Agency, Control, Coherence, and Power
- Increased Stress Hardiness
- Lower Stress Levels
- Realistic Shifts in Perceptions and Appraisals of Stress
- Reduced Impulsivity and Reactivity
- Reduced Negative Coping Behaviors and Increased Positive Coping Skills
- Reduced Negative Selection Bias and the Automatic Tilt to the Negative
- Reduced Self-Harming Thoughts, Feelings, and Behaviors

Note: This is not an exhaustive list, merely the main benefits that are repeatedly reported in quantitative and qualitative research and outcomes.