

# How to Manage Social Worries and Concerns Through Mindful Practice

From Mindfulness for Teen Worry  
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## Reflection on pressure (peer pressure)

- Students can reflect on times when they felt pressure to make decisions with the crowd for fear they would stand out and face possible isolation.
- What was the result? Was there a positive or negative impact?
- Students can reflect on how the decision aligned with their sense of personal morals and family values.
- When faced with uncomfortable situations/decisions, students can mindfully consider how this will impact them and how it reflects on their view of self.

Mindful Reflection can help with future decision making.