



Parent Workshop

Helping Your Child Manage Their Busy Lives With Less Stress and More Ease

We all know that there are times children struggle with the demands of their busy lives and can sometimes feel overwhelmed. But, did you know that chronic stress and anxiety among our youth is rising rapidly and is at an all time high in this country? For some children, feelings of frustration, overwhelm or fear is more prevalent than feelings of joy, calm and safety. Children may express states of stress and anxiety in various ways. Some exhibit highly reactive behavior, for others; there are episodes of disconnection and shutting down. Unfortunately, this can become debilitating to your child's well being and happiness while undermining their success in and out of school.

Mindful practices of breath, movement and focused attention have been proven to help children (and adults) of all ages reset their nervous system and build their inner capacity to cope and calm. Through the shared engagement of simple, short exercises, you can become the best model of how to strengthen inner resilience so that you and your child can meet the daily challenges from a place of greater ease and joy.

You can help them develop essential inner resources to tap into their truest potential. Mindful practices can help children become resilient in the face of their fears, strong in the wake of their personal challenges and brave in the midst of adversity. We are all born to thrive, not simply survive. Join us and learn techniques that you can share with children of all ages and use for yourself as well.

In this workshop, you will discover how you can support your child's ability to:

- Calm themselves when feelings associated with overwhelm, stress or anxiety arise
- Utilize techniques to connect their mind, body and heart which build resilience and confidence
- Develop positive mindsets, rather than become carried away by negative thoughts
- Manage strong emotions

Workshop details:

{your school/organization's info will go here along with date, time and location}

Presented by:
{your presenter's bio will go here}

**Your School
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