

“SELF-CARE Skill-Building SUPPORT ZOOM WORKSHOP to Find Peace and More Meaning”

**Mind/Body & Spiritual Uplifting Techniques
to Help Ourselves and World With Hope**



(Maybe Ongoing)

Date: Sunday, August 2, 2020 Time: 3:00 pm – 5:00 pm

Price: \$18 Pay with PayPal @ www.authenticallyu.org upper right

Register by emailing: Marilyn Spenadel, LCPC, ACS
marilynspenadel@gmail.com

Clinical Counselor, Holistic Integrative Therapist, Spiritual Coach

***Experiential Psycho-Education & Discussion, Ways to Build Resiliency
Internal Resources and Protective Factors***

COMPASSIONATE CONNECTIONS SEEMS LIKE THE ANSWER

***Learn ways to practice self-care daily during these
very challenging, uncertain times and beyond***

- Create your daily “Strength-Based Resiliency Routine”©
- **Learn mind/body empowerment and connecting techniques:**
EFT/Tapping, visualization meditation, POD & STOP Technique
- Learn the power of your breath to find ongoing peace, get out of your head, and stay connected to your authentic-best self
- Learn the value of not suppressing your feelings with mood regulation during very stressful times can help prevent PTSD
- Better understand the power of positive thinking and self-talk to enhance mental and physical wellbeing and health
- ***You are not your stress!!***

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HOLISTIC WELLNESS ENRICHMENT CENTER

Authentically U Counseling, LLC - “Healing Connections”