

Learn to *Overcome!*

Building resilience with Overcome! programs.

We all want to be able to respond to life's events and stressors in a balanced, healthy way. We all want to be resilient, to "bounce back" in the face of challenges and difficulties. We can all benefit from learning strategies to control the way we react.

Do you want to learn evidence-based information, tools and techniques for regulating your body, emotions and behaviour?

The former Overcome Anxiety Clinic has a new name, new look and new resources. Overcome! programs are an evidence-based, natural and holistic approach to managing and overcoming a wide range of emotions, imbalances and disorders such as stress, anxiety, panic, PTSD, anger, sadness, depression and feeling "stuck".



With an emphasis on education and experience, each session includes an exploration of breath, mindfulness, gentle yoga (no experience required), meditation, guided relaxation and many other tools and techniques that help us build resilience and regulate how we react.



Overcome! programs are led by Susan Anderson, advanced teacher of therapeutic yoga (RYT 500), trauma informed yoga teacher, and licensed Overcome! program facilitator. Programs may be delivered in collaboration with other mental health or health care professionals. Susan also offers private, one-on-one, Overcome! sessions and therapeutic yoga. You can contact her at 613-292-5261 or susan@susanandersonyoga.com.

Overcome! Spring 2020 (4-part series):

Wednesday, April 15th - 7:00 – 9:30 pm
Wednesday, April 22nd - 7:00 – 9:30 pm
Wednesday, April 29th - 7:00 – 9:30 pm
Wednesday, May 6th - 7:00 – 9:30 pm

Kneaded Touch Massage Therapy, Barrhaven Clinic, 4100 Strandherd Drive, Suite 206

The Overcome! program

Programs are held in a safe and comfortable environment. Classes are small (typically, 6 to 8 participants). There is no group work and you will not be asked to speak publicly. Programs are delivered year-round in a variety of formats, including weekly and bi-weekly sessions, and typically include eight to ten hours of programming. Group and individual (one-on-one) programs are available. In a four-part series where each session is 2-2.5 hours long, the session would include 5-10 minutes of overview, 35-40 minutes of education and experiential learning, 40-45 minutes of gentle yoga, a 5-10 minute break, 20-25 minutes of exploring various self-regulation techniques, a 20 minute guided relaxation and about 5 minutes to close the session.

Following is an example outline of a four-session program. Content may change or shift among the sessions.

Session 1: Managing Moments - Dysregulation and self-regulation; reactions and how to counteract them; triggers and their causes; several self-regulation techniques – breathing techniques, mindful movement, EFT Tapping; journaling; gentle yoga sequence; and, yoga nidra (guided relaxation).

Session 2: Programming Errors – The human brain; the stress response; how we learn; how triggers are formed; how we can reprogram our reactions and response to triggers; more self-regulation techniques – breathing, mindful movement; gentle yoga sequence; and, yoga nidra (guided relaxation).

Session 3: Deepening the Practices – More asanas (yoga poses); pranayama (breathing techniques); Mudrā; affirmations; the conscious and unconscious mind; journaling; several self-regulation techniques – breathing techniques, mindful movement; gentle yoga sequence; and, yoga nidra (guided relaxation).

Session 4: Reframing Life and Living – Yogic lifestyle principles; meditation; the 5 layers of our being; the subtle body; additional self-regulation techniques; journaling; cultivating spirit; review of tools to break out of old habits; gentle yoga sequence; and, yoga nidra (guided relaxation).

With effort and commitment, you can expect:

1. Improvement in physical symptoms;
 2. Increased understanding of why you react the way you do and what is going on in your body when you react;
 3. Increased ability to emotionally, physically and behaviourally regulate your reaction to stressors; and,
 4. Improved ability to “bounce back” (build resilience) from challenges and difficulties.
- You will receive a book of program material, a workbook, handouts of each yoga sequence, tracking sheets and other resources to support your home practice;
 - The attendance of a spouse, friend or family member to support you *may* be possible if you are not comfortable in social settings. Please speak with the facilitator about this before registration.

The fee for the spring 2020 program is \$250.

To register, contact Susan Anderson at 613-292-5261 or susan@susanandersonyoga.com