

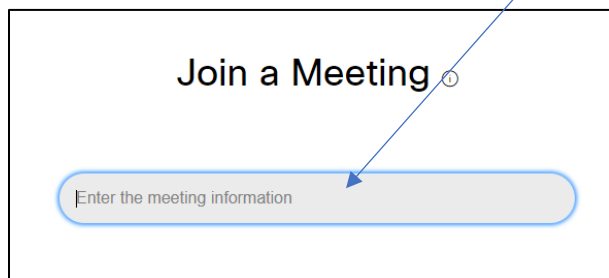
# HSD Psychosocial Support Programs During COVID-19

Fall 2021

*This document will be continuously updated*

## How to Join (Cisco Webex)

1. [Click this link](#) when you're ready to join the meeting.
2. Enter the Meeting number (access code) for the specific session (listed below for each session).



3. When prompted, enter the Meeting password for the specific session.



### **The Art & Science of Happiness – HQ & CO Sessions**

Am I happy? What makes me happy? Finding happiness has been a human pursuit forever yet we often find ourselves challenged on how to even begin to identify this feeling. The Art of Happiness program is a 4-part series where we will explore the various components of happiness and learn ways to increase positivity to help people live happier, more satisfying lives.

#### **Hosted by:**

Melanie Cashdan (Tuesday, HQ Sessions)

Megha Gore and Frozan Esmati (Thursday, CO Sessions)

#### **Part 1: Train The Brain: Making The Choice To Be Happy**

Positive psychology has shown us that happiness is a science made up of various components. It is something we can develop and learn. Flexibility of the human brain allows for intentional choices, additionally cultivating present moment focus enhances the experience of any emotional state. Join us as we discuss happiness as it relates to our mind and touch upon habits for a more fulfilling life! (Workshop – 45 minutes)

**HQ: TUE: 10/05/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 2302 414 3949 | Password: s2pMq8MZxR8

**CO: THU: 10/07/2021:** 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 2303 099 7968 | Password: dBr6FFPTc46

#### **Part 2: Being Kind & Cultivating Gratitude**

Acts of kindness and generosity enhance our connection with ourselves and our world; expressing gratitude helps us feel more positive emotions. All together acts of heartfulness and thankfulness reinforce and strengthen our sense of well-being, increasing our happiness quotient! In Part 2, we will learn about kindness and gratitude and highlight some key practices. (Workshop – 45 minutes)

**HQ: TUE: 10/19/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 2303 187 3943 | Password: G22JqRZUNe4

**CO: THU: 10/21/2021:** 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 2305 052 5791 | Password: PejcWkcM332

### **Part 3: Engagement & Finding Meaning**

Having a sense of purpose allows us to feel connected to our every moment. Research shows that finding meaning related to what we do and who we are increases our happiness and allows us to thrive. Discovering meaning or purpose doesn't always have to be the challenge that we often make it. Likewise, it doesn't have to involve grand gesture. Join us as we touch upon meaning and share practical tips related to cultivating it. (Workshop – 45 minutes)

**HQ: TUE: 11/09/2021:** 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi, 10:00 pm Bangkok

Meeting number: 2302 151 5605 | Password: muDjxdMr744

**CO: THU: 11/11/2021:** 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Meeting number: 2303 279 3908 | Password: CyMJP49bTi3

### **Part 4: Developing Connections (Relationships)**

Human beings are social beings, we thrive on connections. Connection is a basic need - like food and shelter. Learn more about the link between feeling connected and being happy. What can we do to feel more connected in our daily lives? Join us as we look at ways to foster connection and discuss its power as it relates to happiness. (Workshop – 45 minutes)

**HQ: TUE: 11/23/2021:** 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi, 10:00 pm Bangkok

Meeting number: 2318 352 6386 | Password: wAXcMKx8E33

**CO: THU: 11/25/2021:** 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney (

Meeting number: 2307 239 5985 | Password: 7vDjafAGZ46

*\*Note: There may be time changes after November 7 as the U.S. ends Daylight Saving Time.*



### Auto-compassion en Pleine Conscience

Le stress au travail et l'épuisement professionnel sont des problématiques d'importance en raison de leurs multiples impacts (ex. : sur la santé physique et psychologique, sur le plan organisationnel et financier). L'approche d'auto-compassion en pleine conscience (*Mindful Self-Compassion (MSF)*) vise à augmenter une ressource individuelle pour mieux faire face au stress.

#### Objectifs :

- Pour expérimenter une nouvelle stratégie de gestion du stress
- Observer pour améliorer la relation avec soi et les autres
- Se motiver avec bienveillance plutôt qu'avec des critiques
- Gérer les émotions difficiles plus facilement
- Prévenir la fatigue empathique
- Profiter du moment présent
- S'accepter et s'apprécier

#### Bénéfices :

- Favoriser le bien-être, la santé physique et les relations harmonieuses avec les autres ;
- Promouvoir la résilience, la santé et le bien-être au travail et dans sa vie personnelle ;
- Diminuer l'anxiété, le stress, les symptômes dépressifs et le risque de souffrir d'épuisement professionnel.

Les deux séances qui seront offertes donneront un aperçu de cette approche élaborée par Kristin Neff (Université du Texas) et Christopher Germer (*Harvard Medical School*). La première séance permettra d'introduire l'approche et ses composantes tandis que la seconde portera sur la gestion des émotions difficiles selon cette même approche. Différents exercices seront proposés pour vous permettre d'en faire l'expérience. (Webinar – 90 minutes)

**Hosted by :** Guylaine Dion

**Speaker :** Manon Truchon, Université Laval

**Autocompassion en Pleine Conscience - Session 1 : Introduction à l'auto-compassion pleine conscience**

- Présentation de ce qu'est la MSC et de comment elle peut amener des transformations dans nos vies
- Expérimentation d'une courte méditation MSC
- Exercice écrit (papier\crayon)
- Présentation des trois composantes de la MSC
- Exercice pratique final

**WED: 09/15/2021:** 9:00 am Wash DC and Port-au-Prince, 3:00 pm Paris, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok

Meeting number: 2308 675 9813 | Password: vHhgXGed322

#### **Autocompassion en Pleine Conscience - Session 2 : La gestion des émotions difficiles**

- Ouverture de la rencontre et méditation MSC
- Les mythes entourant la MSC
- Aller à la rencontre des émotions difficiles
- Exercice pratique

**WED: 09/29/2021:** 9:00 am Wash DC and Port-au-Prince, 3:00 pm Paris, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok

Meeting number: 2314 846 1956 | Password: 23Zc8FDCwJ3

#### **Bio:**

**Manon Truchon** est Professeure titulaire à l'École de psychologie de l'Université Laval, Québec, Canada. Son laboratoire de recherche sur le stress, le bien-être et la santé au travail accueille plusieurs étudiants gradués (D.psy, Ph.D\RI). En 2010, ses travaux sont récompensés par l'Institut de Recherche Robert Sauvé en santé et en sécurité du travail par l'octroi d'un prix pour l'article scientifique ayant eu le plus grand impact en santé au travail lors des cinq dernières années. Outre l'élaboration et la validation de modèles explicatifs du stress et du bien-être au travail, elle a mené plusieurs projets de types recherches-actions dans différents milieux dont celui de la santé (soins intensifs, soins palliatifs), de l'éducation et des NTIC. Elle est également l'auteure de différents instruments de mesure dont le tout récent questionnaire sur la santé et le bien-être au travail (QSBT) administrés jusqu'ici à plus de 10 000 travailleurs. Elle est certifiée depuis 2019 par l'Université de Californie à San Diego pour enseigner le programme standardisé : *Mindful Self-Compassion* et elle enseigne cette approche aux futurs psychologues cliniciens dans le cadre du programme de 3e cycle en psychologie. Cette expertise est également sollicitée par différents groupes :

intervenants communautaires, policiers, gardiens de prison, etc. Elle offre régulièrement des conférences et formations sur le stress et les risques psychosociaux tant sur la scène nationale qu'internationale.

#### **Burnout: 5-Part Series**

High levels of chronic stress at work can leave us at risk for developing symptoms of Burnout. Burnout is a work-place related syndrome characterized by extreme physical and mental fatigue, detachment and cynicism, and reduced productivity. If left unattended, it can be debilitating, and recovery can take a long time, impacting individuals, teams, and the organization. There are organizational and individual factors that contribute to the risk of burnout. In this 5-part series, we will be taking a look at the protective and risk factors associated with burnout, and identifying paths of action at the individual and group level to reduce our vulnerability. We will conclude with a session aimed to help participants map a strategic plan for prevention and/or healing of symptoms. (Webinar – 60 minutes)

**Hosted by:** Claudia Salazar

**Part 1: What is it? How to spot it? Organization and Individual factors that contribute to Burnout.**

**FRI: 10/01/2021:** 12:00 pm Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

**Part 2: Organizational and Individual Steps to Prevent burnout.**

**FRI: 10/08/2021:** 12:00 pm Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

**Part 3: Beliefs, Values, and Meaning: how they can hinder or protect us from burnout.**

**FRI: 10/15/2021:** 12:00 pm Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

**Part 4: Increasing Resilience through Intentional Self-Care.**

**FRI: 10/22/2021:** 12:00 pm Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

**Part 5: Healing Journey, tools and strategies to help you in your healing from burnout process.**

**FRI: 10/29/2021:** 12:00 pm Wash DC, [7:00 pm Nairobi](#), [9:30 pm Delhi](#)

Meeting number: 2303 994 1118 | Password: Qk8VAJepM75



### DAPP Event: Healing Emotional Pain and Trauma through Movement

Many of us have experienced some form of trauma or emotional injury in our lives that may cause us to feel dysregulated or challenged in different aspects of our personal or professional life. Research suggests that traumatic wounds can be stored or held in our bodies causing physiological responses that can destabilize us, make us feel unsafe or insecure. Such experiences can also create obstacles and barriers to our experience with success, joy and healthy relationships. This conversational circle - webinar will focus on engaging experts from the fields of occupational health, psychology and trauma -informed yoga who use movement to help individuals overcome painful traumatic experiences that may be stored in the body. (Webinar – 60 minutes)

**Hosted by:** Malahat Baig-Amin

**Speakers:** Heather Hagman and Dr. Gillian Rai

**WED: 11/03/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 2308 805 6979 | Password: cPpcFma4J67

#### Bios:

**Heather Hagman** is a pioneer in the new field of Yoga and Trauma Recovery. This new field utilizes Trauma Informed Yoga and Meditation to help people start to move beyond complex PTSD, Developmental Trauma Disorder, Addiction, Anxiety and Depression, and start to build fulfilling lives. She has a thriving private practice in Reston, Virginia called Resilient Yoga 4 You, LLC. She is also the Director of Beloved Yoga's Trauma and Recovery Programs at Beloved Yoga in Reston, Virginia. She has a Masters in Psychotherapy from Marymount University and is a certified IAYT Yoga Therapist. Heather holds certifications in Trauma Sensitive Yoga and Embodied Recovery for Eating Disorders. Heather teaches an annual 30-hour Trauma Informed Yoga Certification Training Program for Yoga Teachers and Mental Health providers. She is also a Brain Longevity Specialist with the Alzheimer's Research and Prevention Foundation.

**Dr. Gillian Rai** is the founder of Sublime Living, a holistic health and wellbeing practice. A South African born Occupational Therapist (OT) with over 25 years of combined national and international experience as a clinician, educator, author, coach, speaker, and yoga instructor practicing here in the US in New York, Washington DC, Virginia, Maryland, and Pennsylvania and abroad. As an educator,

	<p>she holds teaching appointments at several institutions including NYU, Temple, and Mary Mount. Dr Rai also serves as Commissioner on the DC Occupational Therapy Health and Licensing regulation Board. Dr Rai is committed to her clients' 360 degrees of health and wellbeing, developing their skills for the job of sublime living, promoting successful participation in their everyday lives. She is also committed to addressing racial injustice, anti-oppressive practices and developing inclusive programs empowering communities, individuals, and families with and without disabilities. Dr Rai is a community and social service advocate and champion. She has provided advice on education and disabilities to NGOs such as The World Bank (WBG), a United Nations agency and the World Bank Family Network (WBFN). She has also worked with and low and middle-income countries such as Ghana and South Africa respectively, and volunteers with organizations such as the Occupational Therapy African Regional Congress (OTARG), the American Occupational Therapy Association AOTA, the Saudi Arabia OT Association (SOTA) and World Federation of Occupational Therapy (WFOT).</p>
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## Kingsbury Wellness & Learning Group: Q & A Series

### Choosing Your Battles - Teens and Accountability

Dr. Conklin and Dr. Cimporescu will lead a Q&A about how to hold teens accountable without pushing them away.

**Hosted by:** Stuart Fisher

**Speakers:** Elliott Conklin, Psy.D. and Maria Cimporescu, Psy.D.

**MON: 09/27/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok ([Register Here](#))

### Understanding Anxiety - Beyond Breathing Techniques

Dr. Siegel and Dr. Matthews will lead a Q&A about how we understand anxiety in children, and how children experience anxious feelings - whether it's a need for control, perfectionism, or low frustration tolerance. They'll also discuss how anxiety might affect kids as they return to school this year.

**Hosted by:** Stuart Fisher

**Speakers:** Lauren Siegel, Psy.D. and Sarah Matthews, Psy.D.

**WED: 10/06/2021:** 1:00 pm Wash DC, 8:00 pm Nairobi ([Register Here](#))

### Reward, Punishment, and Bribery: Making sense of behavior during trying times

We want to reinforce the good stuff and discourage the bad stuff, so why does it all feel so complicated? In this Q&A, Dr. Conklin and Dr. Matthews will address the complexities of childhood and adolescent behavior, provide some feedback about how to maximize benefits, and offer some general guidelines to help you make challenging decisions in the moment.

**Hosted by:** Stuart Fisher

**Speakers:** Elliott Conklin, Psy.D. and Sarah Matthews, Psy.D.

**WED: 10/20/2021:** 1:00 pm Wash DC, 8:00 pm Nairobi ([Register Here](#))

**Demystifying Neuropsychological and Psychoeducational Testing**

Dr. Siegel and Dr. Cimporescu will lead a Q&A discussion about neuropsychological and psychoeducational testing. They'll describe what these terms mean, why testing is important, and what to do if it is recommended for someone in your family.

**Hosted by:** Stuart Fisher

**Speakers:** Lauren Siegel, Psy.D. and Maria Cimporescu, Psy.D.

**TUE: 11/09/2021:** 1:00 pm Wash DC, 9:00 pm Nairobi ([Register Here](#))

**Bios:****Elliott L. Conklin, Psy.D. (Executive Director)**

Elliott L. Conklin, Psy.D., is a clinical psychologist providing psychotherapy, psychological testing, and consultation to adults, children, and families. With a background in the study of personality, relationships, and neuropsychology, Dr. Conklin appreciates the complexity of human struggles and can employ an array of therapeutic methods to help people arrive at a feeling of contentment and stability. He provides treatment for depression, anxiety, relational and family problems, anger, aggression, childhood behavioral issues, and ADHD. He is also adept in helping people work through problems they don't fully understand, such as feelings of emptiness or instability. In his psychotherapy practice, Dr. Conklin carefully examines how individuals process and manage their emotions, thought patterns, and relationships. He employs an integrative therapeutic approach, which tailors evidence-based methods to meet individual needs and capabilities. He is well versed in relational psychodynamic, attachment, cognitive-behavioral, and family-based interventions. In his therapeutic work, he strives to create an individualized therapeutic space for people to explore their difficulties and change in ways that make sense to them. Dr. Conklin earned his Master's and Doctoral degrees in Clinical Psychology from the American School of Professional Psychology, where his research examined the relationship between adult attachment style and posttraumatic stress. He completed his pre-doctoral internship at Loudoun County Mental Health, and previously received clinical training at Saint Elizabeths Hospital and Neuropsychology Associates of Fairfax. In addition to his studies in psychology, Dr. Conklin is a classically trained pianist with a Bachelor of Music degree from James Madison University.

**Lauren Siegel, Psy.D. (Director of Clinical Services)**

Dr. Siegel is a licensed clinical psychologist who specializes in psychotherapy and diagnostic testing for children and adolescents with learning and behavior challenges.

She has worked in both school and outpatient settings, and is passionate about validating the experiences of kids and empowering them to understand and advocate for themselves. She believes that taking the whole of a child into consideration – home environment, school and academic functioning, relationships, and interests – uncovers rich and nuanced information that promotes future success. Dr. Siegel conducts comprehensive neuropsychological evaluations for children, adolescents, and adults. She also provides individual psychotherapy to children and adolescents with a range of presenting concerns, including attention and executive functioning challenges, emotional regulation difficulties, and social skills deficits. Her approach is informed by psychodynamic theory, but she also employs cognitive-behavioral, relational, and play therapy techniques. Dr. Siegel believes that meeting children where they are and allowing them to direct their experience is the hallmark of growth and change. Dr. Siegel earned her undergraduate degree from the University of Virginia, where she studied psychology and philosophy. She completed her doctorate at the George Washington University, where she gained valuable experience working in public schools in Washington, D.C. and in Maryland. She also worked with young children at a preschool in Northern Virginia. Dr. Siegel's predoctoral internship was at a community mental health clinic in Queens, NY, where she worked with a diverse population of children, adolescents, and adults. She worked at the Kingsbury Center for seven years before founding the Kingsbury Wellness & Learning Group.

**Sarah Matthews, Psy.D. (Clinical Psychologist)**

Dr. Matthews is a clinical psychologist specializing in the treatment of children, adolescents and young adults struggling with behavioral, emotional regulation, and social challenges. She provides psychotherapy and consultation to help children and families navigate anxiety, Autism Spectrum Disorder, mood disorders, ADHD, and behavioral issues. Dr. Matthews believes in using every individual's unique strengths to overcome past failures and develop new skills that foster personal growth, self-confidence, and independence. Dr. Matthews tailors therapy interventions using CBT, play therapy, trauma-informed, family, and relational approaches. She has nearly a decade of special education experience, and is well-versed in adapting therapy techniques for those with special education needs. Dr. Matthews received her Bachelor of Science in Psychology at Salisbury University in Maryland, and achieved her doctorate degree in Clinical Psychology at the American School of Professional Psychology in Washington, DC. She completed her predoctoral internship at Loudoun County Mental Health Center and her postdoctoral fellowship at Sheppard Pratt. Prior to joining the Kingsbury Wellness & Learning Group, Dr. Matthews worked as a

child and adolescent psychologist at the Sheppard Pratt School (formerly The Forbush School at Glyndon) for nine years, with her last three years as a supervising psychologist overseeing the program's clinical department.

**Maria Cimporescu, Ph.D. (Clinical Psychologist; Post-Doctoral Resident)**

Dr. Cimporescu is a Post-Doctoral Resident providing psychotherapy and diagnostic testing to children, adolescents, and adults. She has worked in both inpatient and outpatient settings and specializes in providing treatment to individuals experiencing transitional stress, depression, anxiety, anger, trauma, and interpersonal/relational challenges. She has experience conducting comprehensive neuropsychological evaluations for the assessment of Specific Learning Disorders, ADHD, and Neurodevelopmental Disorders. Dr. Cimporescu's clinical practice is client oriented, integrative, and evidence based. She believes in an ecological approach to therapy and assessment that pins clients' presenting concerns within the backdrop of their environment. She has training in a variety of evidence-based modalities including Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Family Systems Therapy, and she tailors her approach to the needs of the individual client. Dr. Cimporescu earned her undergraduate degree from George Washington University where she studied psychology and biology. She went on to complete her doctorate at George Washington University, in Clinical/Community Psychology, where her research explored the interplay between transitional stress and personality. She completed her pre-doctoral internship at Spring Grove Hospital Center, and previously received clinical training at The Meltzer Center, Arlington County Mental Health, George Mason University's Counseling Center, and Harbor Lights Treatment Center.



### Mindful Moment Sessions

Come join us for the final three mindful moments of 2021! In these brief sessions we will highlight a mindfulness concept combining both knowledge and practice. We hope this serves as a pause in your day, to check-in with yourself and leave with a tool that promotes wellbeing. (Workshop – 30 minutes)

**Hosted by:** Melanie Cashdan

**Moment 7: Gratitude:** "Gratitude is the confidence in life itself" - Jack Kornfield  
When you apply the practice of mindfulness to gratitude, it can vastly improve the quality of your day-to-day experience as well as long-term life satisfaction. In this session, we will touch upon the benefits of gratitude and look at ways to foster it.

**WED: 10/27/2021:** 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok

Meeting number: 2314 351 6840 | Password: A75HtgMRpN3

**Moment 8: Visualization:** Visualization is a method of picturing positive images, ideas, symbols, people, affirmations, or mantras to help calm the mind and body. It is often termed an "all-purpose" practice as it can be utilized for anything from goal achievement to easing pain. This session will highlight different visualization practices.

**WED: 11/17/2021:** 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi, 10:00 pm Bangkok

Meeting number: 2315 750 4730 | Password: XgMZpipG842

**Moment 9: Forgiveness:** Forgiveness can be one of the most challenging processes that we go through, and yet it's what many of us long for – to free ourselves from anger and blaming, and to let go of past conflicts and old resentments that can cause pain to ourselves and those around us. By simply being more mindful we tend to move towards forgiveness. However, there are specific practices that can assist us with forgiving. Join us as we end a year of moments, by practicing letting go and healing.

**WED: 12/15/2021:** 10:00 am Wash DC, 6:00 pm Nairobi, 8:30 pm Delhi, 10:00 pm Bangkok

Meeting number: 2302 992 0626 | Password: fnQtSMYK745

*\*Note: There may be time changes after November 7 as the U.S. ends Daylight Saving Time.*



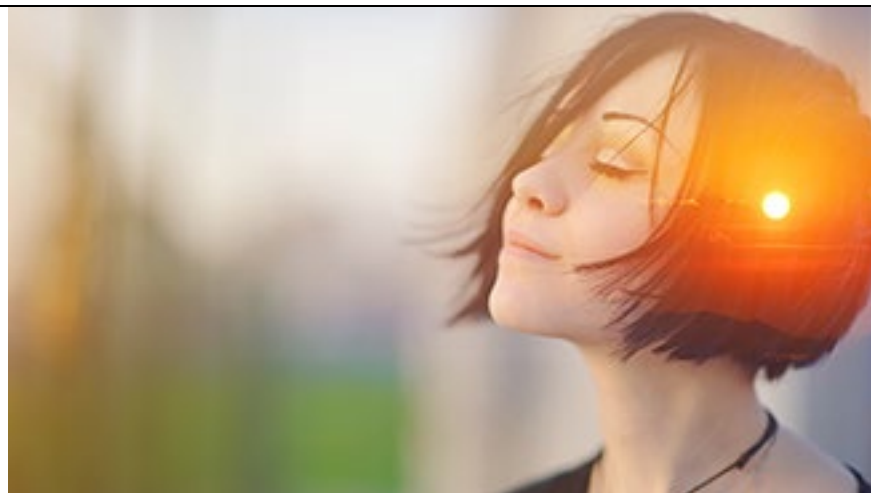
**The Other Kind of Smart: Enhancing Your Child's Emotional Intelligence**

Emotional Intelligence is essential for academic and life success, perhaps even more so than cognitive ability. This involves awareness and understanding of one's own feelings, skills to manage strong emotions, and the ability to relate to the emotions of others. Join Dr. Ann Rowe to learn how parents can coach their children through the turbulent world of childhood emotions to develop stronger emotional awareness, greater self-control, and closer connections with others. (Webinar – 90 minutes)

**Hosted by:** Stuart Fisher

**Speaker:** Ann Rowe, Kingsbury Wellness Center

**WED: 09/22/2021:** 8:30 am Wash DC, 3:30 pm Nairobi, 6:00 pm Delhi, 7:30 pm Bangkok ([Register Here](#))



### Sessions de Relaxation en Pleine Conscience

Saviez-vous que le réponse de relaxation est reconnue comme étant l'opposé de la réponse physiologique de stress ? Lorsque pratiquée sur une base régulière, la relaxation ainsi que la méditation en Pleine conscience (*Mindfulness*) peuvent promouvoir les bénéfiques suivants : la libération de la tension physique, la gestion des émotions, l'amélioration de la qualité et de la quantité de sommeil, l'amélioration de la concentration, de l'attention, de la productivité au travail et du sentiment d'accomplissement personnel, l'amélioration de la communication et des relations interpersonnelles, la connexion authentique avec soi afin de retrouver le calme et la paix intérieure, ce qui peut ainsi permettre de retrouver le sentiment de contrôle sur sa vie. Je vous invite vivement à participer à cette série de relaxation guidées en Pleine conscience !

**Hosted by :** Guylaine Dion

#### Relaxation Guidée 1 : Respiration Diaphragmatique et Relaxation Musculaire

**Progressive:** Vous avez peut-être remarqué que votre rythme respiratoire change lorsque vous vivez de la détresse, devenant de plus en plus rapide et superficiel au fur et à mesure que votre niveau de stress augmente. Bien que ce soit une réponse naturelle de votre corps « de lutte ou de fuite » pour vous aider à vous préparer à la « bataille », de nos jours dans la plupart des circonstances cette réaction amplifie en fait notre sentiment de malaise et de stress et n'est pas très utile. En fait, ce qui se passe, physiologiquement, lorsque nous respirons ainsi, c'est que moins d'air et d'oxygène atteint la partie inférieure de nos poumons, nous amenant à nous sentir essoufflé ou anxieux. Donc, même si nous nous sentons en détresse, notre corps réagit de telle manière à nous faire sentir encore plus en détresse. Cela fait probablement du sens pour vous qu'interrompre ce cycle de « respiration inutile » permettrait de réduire votre sentiment d'être en détresse ou anxieux. La respiration diaphragmatique est un processus assez simple : inspiration par le nez et expiration par la bouche – le maintien d'un rythme normal de respiration tout en vous assurant que vous ne gonflez pas excessivement vos poumons ou ne respirez pas trop vigoureusement. (Relaxation guidée – 30 minutes)

**TUE: 10/05/2021:** 9:00 am Wash DC and Port-au-Prince, 3:00 pm Paris, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm

Meeting number: 2314 017 5458 | Password: PsEYece3f33