

Santa Fe Soul

F O U N D A T I O N



Changing the face of healthcare in New Mexico

Staying Sane in Crazy Times: Simple Tools for Managing Life's Emotional Ups and Downs

No Worries Mate! Even when tough things happen like money struggles, losing a job, illness in the family, when things seem hard or there's just too much stress: there are things you CAN do to change the way you feel. That's what you'll be learning in this course. It's very human to react to the hard times or the stress by getting worried, scared, feeling helpless even getting angry. These feelings are natural, but if you keep having them or you can't get out them, they can make you sick! You could also fall into bad habits like drinking or eating unhealthy food, get depressed, or start picking on yourself or other people...not good for you, your job or your family! Would you like to learn the healthy way to handle life's ups and downs? You can't change what happens to you but you CAN change how you react. Learn ways to handle your reactions and recover faster..help yourself and your loved ones. Take back your power! These classes will show you how, with teaching, support group discussion and easy-to-learn energy psychology techniques from the leading edge of brain science. There will be time for practice, questions, and personal sharing and review so you really learn and start using these ideas in your life.



In this 4-week series, we will cover: • Emotional mastery– Feel your feelings but don't let them rule you • Coming home to your body to stay centered– Using the breath and other simple things to change how you feel instantly • Working with your survival brain: How to stop being "triggered" and what to do when you do get triggered • Boost your endorphins for handling stress– Create your own body's natural "feel good" chemicals that make you feel better and help you handle stress.

Ellen Shapiro is a Reiki Master, Certified Practitioner and master energy healer and counselor with 20+ years experience and many trainings and techniques in her healer's toolbox. She loves to teach people how to feel better, take charge of their feelings and their lives, and find a place of peace within.

August 1, 8, 15 & 22 from 6:30–8 pm
Registration Fee: \$30 (some scholarships available)

Santa Fe Soul SunRoom
2905 Rodeo Park Dr East Bldg 3

Call (973) 655-1745 or email HeartsAbode@gmail.com to register for the workshop