

Manage Stress

Courses Offered

I feel more than grateful during this pandemic, that colleges and businesses have invited me to offer courses and presentations through Zoom sessions.

SCHEDULED BY REQUEST ONLY

4 Week Stress Management Course for Youth and Young Adults (Ages 17-24)

Learn healthier ways to relax and be yourself in order to deal with pressures from your social group, school requirements, stress over test-taking, and confusion over choosing a college, a major, or a career. If you or someone you know is interested, contact me at joyjoannaa@gmail.com. *Once at least 6 students are interested, I will run the course.* For more information, check out the flyer [here](#).

5 Week Relaxation and Mindfulness for Adults

Practice breathing, relaxation, stress management, and mindfulness skills with Joy as your compassionate and expert guide. Learn to, or improve your ability to calm yourself in difficult situations. If you or someone you know is interested, contact me at joyjoannaa@gmail.com. *Once at least 6 students are interested, I will run the course.* For more information, check out the flyer [here](#).

TIPS AND RESOURCES

Dear Students and Individual Clients,

These past few months have been very challenging, more than ever people are faced with stress, anxiety, and a sense of loss. Many have reached out to receive help. To make sure that everyone feels comfortable I still offer *individual sessions* through video conferencing!

I want to offer you some practical tips (see picture above) and two movies that might be helpful to you.

VIDEO: Creating Islands of Relaxation; Breathing Exercise. Please, click [here](#).

VIDEO: Creating Islands of Relaxation; Mindfulness Washing our Hands. Please, click [here](#).

If you would like to enjoy some guided relaxation and rejuvenation exercises, please click here.

Stay safe and healthy!