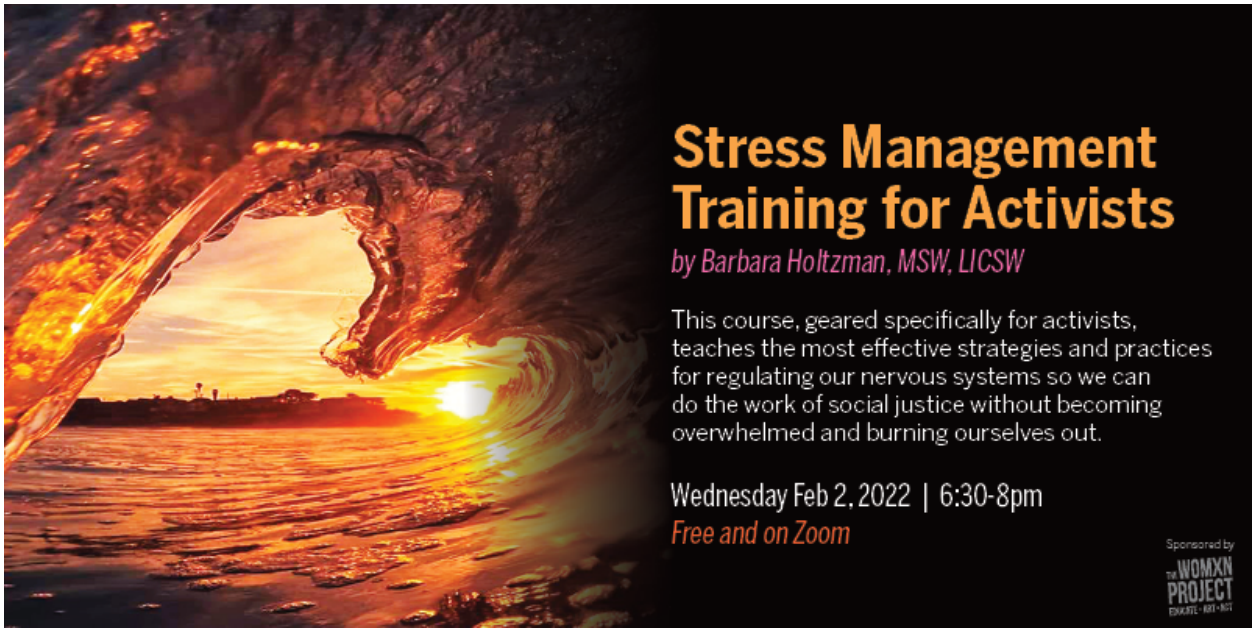
Stress Management Training for Activists: Free Class



This free course, geared specifically for activists, teaches the most effective strategies and practices for regulating our nervous systems so we can do the work of social justice without becoming overwhelmed and burning ourselves out.

Wednesday, February 2, 6:30-8 pm | Zoom link

DETAILS

WHAT YOU WILL LEARN

How to regulate your nervous system – keeping it calm, energized and engaged in the face of adversity, overwhelm, discouragement…

WHO IS INVITED

The Womxn Project (host), The Social Justice Teams at UUCSC and First Unitarian Universalist Congregation of Providence, The Huddle, The Westerly ARC, League of Women Voters, RI Interfaith Power and Light, Moms Demand Action RI, as well as individual activists in all social justice genres.

HOW THIS PROGRAM WILL WORK

Preparation for Session –
*The Basics: Deb Dana Explains Polyvagal Theory in “Befriending your Nervous System” https://www.youtube.com/watch?v=TxpxyzZx_rw

*The Basics of Tapping (EFT – Emotional Freedom Technique) from the following YouTube: https://www.youtube.com/watch?v=XRfLTQjJhp0

>> Barbara will teach and demonstrate tools and techniques for both maintaining your equilibrium and coming back to calm once you have gotten dysregulated into fight or flight or overwhelm. Then we will practice how to use these tools, using case examples related to your activism work. Additionally, we will practice how to use Tapping, Breathing, and other tools to calm our bodies and minds when we become dysregulated, using case examples we as activists are likely to encounter.

COST: No Charge

Barbara is offering this program solely for the purpose of supporting progressive activists to do the work we are called to do. If you are so moved to give a monetary thank you, please send that money to your local activist group or any organization working towards the change you want to see in the community, the country or the world.

ABOUT BARBARA HOLTZMAN



Barbara Holtzman, MSW, LICSW, is a psychotherapist, author (*Conscious Eating, Conscious Living; A Practical Guide to Making Peace with Food & Your Body*), and activist (Chair of Adult Education and member of the Social Justice and Racial Justice committees at the Unitarian Universalist Congregation of South County, a committee member for The Womxn Project, and a longtime member of the Huddle.

Because of her love of learning, her commitment to living from her values, and her drive to share her knowledge, Barbara has been teaching strategies for living with purpose and ease to her psychotherapy clients for almost 40 years. Now you too can benefit from the wealth of experience and knowledge Barbara has to offer. Whatever your focus – saving our democracy, voting rights, climate change, reproductive rights, racial and social justice…, to help you stay the course without getting burned out, Barbara is offering to you – *for free —Stress Management for Activists*, a 90 minute program, to learn the most effective strategies for stress management and well-being.