



Do you find yourself increasingly irritable, anxious, isolated, or unfueled?

In these post-pandemic days, we're all feeling it.

Self-care and mindfulness have become the new buzzwords, but where do you start?

Ready, Set, Enjoy!

Cultivate Your Inner Strength and Resilience with our FREE On-Demand Programs:

Trauma, Explained
The Mindfulness Experiment
The Joy Primer
Mighty Teens Empowerment Project

Get Anytime Access to Our Programs.

Our on-demand programs offer lifetime, anytime-access. They are designed to be easy-to-use for adolescents and adults.

Get it Now!

www.StrideCreativeDC.com

Relieve stress & anxiety.

Our programs offer information and experiential activities to help you address chronic stress and burnout:

- Brief, easy-to-follow video tutorials (close-captioned)
- Printable workbooks and journal activities
- Manageable time commitment (1-2 hours each)
- Use-anywhere bonus audio recordings (for relaxation)
- Easy-to-use phone app (it's free!)

These programs support the treatment of common mental health issues such as anxiety, depression, trauma, secondary trauma and substance abuse.



Our mission is to empower our community members through education and resources so that they can feel healthier, more connected, and purposeful.

Our program is informed by research in the fields of art therapy, positive psychology, and neuroscience.



STRIDE Creative on-demand programs are offered free of charge thanks to the support of the United Way of Door County, the Otto Bremer Foundation, and other community stakeholders.

www.StrideCreativeDC.com

STRIDE
Creative



Empowering Door County

Through Creativity and Wellness Education

FREE

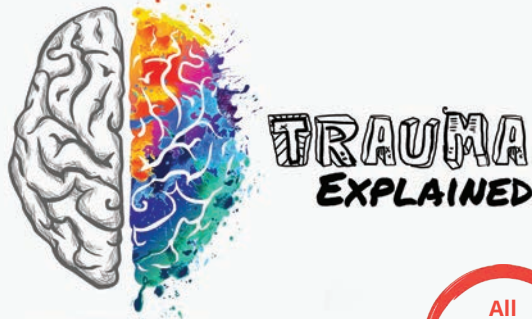
On-Demand Online Wellness Programs

www.StrideCreativeDC.com

STRIDE Creative is curated to fit our community's needs.

These on-demand programs are for anyone who experiences chronic stress or issues with work/life balance, including caregivers, parents, teachers, business owners, first responders, medical and mental health professionals, and people juggling more than one job.

www.StrideCreativeDC.com



All
Programs,
FREE!

Trauma, Explained.

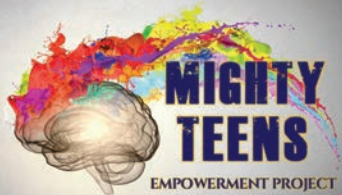
An essential overview of trauma and secondary trauma, with resources to help you cope. In this 90-minute course, you'll explore:

- 6 easy-to-follow videos.

PLUS:

- 4 brief audio activities to help you feel calmer. Experience the treatment strategies described in this program!

Recommended for trauma survivors, as well as family members, first responders, and service providers who are susceptible to secondary trauma and/or compassion fatigue.



Got Mighty?

Initially developed as a youth program, Mighty Teens is now available for

adults. You'll explore how to develop a growth mindset to manage stress and perform better in life and work.

Suitable for family activities.



Manage Stress With Mindfulness.

Research demonstrates that mindfulness improves resilience and mental health. This common-sense introduction offers:

- 8 easy-to-follow videos.
- A simple 'Mindfulness Experiment' activity to demonstrate the benefits of mindfulness.
- 3 journal downloads (13 total pages), including The Mindfulness Roadmap: a plan to help you add mindfulness into your life.

PLUS:

- 6 brief audio meditations to help you pause, reflect, and reconnect.

Close
Captioned
Videos



"I feel like Humpty Dumpty put back together again."

- Erin N, after a 25-minute gradual muscle relaxation activity (offered in the Joy Primer).



When it comes to work-life balance, is your scale out of sorts?

The Joy Primer is a self-care starter kit to encourage mindfulness and help you feel more relaxed. You'll enjoy:

- Seven easy-to-follow videos.
- 14-page self-care starter kit workbook.
- 3-page crisis plan journal.

PLUS Four Bonus modules featuring 2.5 hours of content:

- **The Movement Primer:** three chair-seated yoga classes.
- **The Breath Primer:** short audio breathing exercises to help you relax and reconnect.
- **The Mindfulness Primer:** short audio meditations to help you manage difficulties and stress.
- **The Sleep Primer:** three audio meditations to help you get deep rest.

Free
Phone
App