

The T.A.S.A.M. Program

Tackling Anxiety & Stress through Arts and Mindfulness Resiliency



Calming

Understanding

Awareness

Mindfulness

Strategies

Movement

St. Cyril Catholic School Presents:
The T.A.S.A.M. Program
(Tackling Anxiety and Stress through Arts and Mindfulness)
Wednesday, December 19th from 9:00-3:30 (students only)
Parent Discussion- 6:30-8:30

Using our creative arts approach to education, Arts Express has developed **The T.A.S.A.M. Program** to provide children and their parents with lifelong strategies and techniques to cope with anxiety and stress, helping them effectively eliminate the stigma and discomfort of these issues for years to come.

During the school day, St. Cyril students will participate in an arts- based workshop that uses movement and hip hop to empower the students and promote kindness, empathy, inclusion, cooperation, honesty, caring and fair play,

Parents can then join us in the evening for a presentation by **Child and Youth Counsellor and mental health advocate Jennifer Kay**. Parents will learn strategies to help their families navigate the emotional ups and downs of growing up. Focusing on supportive connections, practicing mindfulness, and communication parents can learn how to foster a growth mindset to raise resilient kids.

What is resiliency?

It's defined as an ability to recover from or adjust easily to misfortune or change.

Factors in Resilience

Studies have shown that having strong personal relationships both within families, school communities and neighbourhoods is a primary factor in resiliency.

Developing relationships that are based on encouragement and reassurance through trust and role modeling will help to increase a person's resilience.

Several other factors are associated with resilience, including:

- The ability to set achievable goals.
- Use a positive Mindset to visualize a strong positive view of self
- Create an inner confidence in your strengths and abilities.
- The ability to communicate feelings and develop solutions to difficult situations
- Having the capacity to control strong feelings

All of these are factors that people can develop in themselves.