

OUTLINE

What is Causing Rising Childhood Anxiety?

The Challenges of 21st Century Living for Kids

- Disconnection
 - Adult technology use
 - Social media
 - Caregiver stress and distraction
- Over-stimulation
 - Technology
 - Academic pressure
 - Changing expectations
 - Over scheduling
 - World events

Assessing for Anxiety - How Do Kids Cope?

Common Reactions to Anxiety

- Withdrawal
- Procrastination
- Perfectionism
- Seeking reassurance and affirmation
- Risk-taking and substance abuse
- Relationship challenges

Tools and resources children already have

Implications for mental health and long term individual and community outcomes

Why Do We Have Anxiety and What is it Trying to Tell Us?

Types of anxiety

Anxiety and the brain-nervous system-body relationship

Anxiety as necessary and functional – we all have it!

- Gives us information
- Can help us prepare for challenges

What happens when anxiety becomes mal-adaptive?

- Relationship between mindset and biology of the nervous system
- Reduced decision making capacity
- Increasing reactivity
- Impact of frequent overwhelm

Trauma and anxiety

Relationship and the role of the adults in childhood anxiety

Yoga, Mindfulness and Resilience

Embodied mindfulness practices build the capacity to navigate stress

Reading the messages of the body

- Recognizing the early warning signs of anxiety
- *Checking in with my body*

Engaging and strengthening our inner resources

- Body
- Breath
- Mindset

Activities for Managing Escalating Emotions and Finding Equilibrium

Grounding

- *Feeling my feet*
- *Somatic holds*

Orienting

- *Layers of sound*
- *Five senses*
- *Tapping*

Managing intrusive thoughts and rumination

- *Single pointed focus*
- *Naming my thoughts*

What to Do When Anxiety Shows up: Response Strategy Skills

Ask for help

- *Partner chair pose*

Take a break

- *Calming breath*
- *Legs up the wall*

Keep trying

- *Managing frustration and other strong emotions*
- *Standing balance*
- *Chair pose*

Practices for Building Agency and Personal Power to Enhance Resilience

Change your mindset, change your nervous system

- *The warriors*
- *Finger affirmations*
- *Mountain top visualization*

Harness the power of helping others

- *Partner warrior three*
- *Leading a practice*

Activities to Fight Anxiety with Connection and Attunement

Imaginary ball pass

Rainstorm

Crazy 8s

Kind wishes

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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ANXIETY
in Children
& Adolescents

Yoga and Mindfulness Skills to Create
Calm, Navigate Stress, and Restore
Emotional Balance

Northbrook, IL
Wednesday
November 7, 2018

Oak Brook, IL
Thursday
November 8, 2018

Orland Park, IL
Friday
November 9, 2018

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Emotional Balance

"Jennifer Cohen Harper offers a step by step map to help
you make this body-centered mindfulness practice a
regular part of your life with the kids you care for."
– Daniel J. Siegel, MD
Author of bestselling books *Brainstorm* and *The Whole-Brain Child*

- 21st Century Challenges
- Why we have anxiety and what it's trying to tell us
- Reduce overwhelm and find emotional balance
- Build capacity and confidence with calming skills and strategies

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

ANXIETY in Children & Adolescents

Do you work with children whose anxiety is overwhelming them, who shy away from participating in new activities or taking on challenges because they are afraid to fail....or you worry they'll choose harmful coping mechanisms as they struggle with the stress of their lives?

When children can't cope, challenges become stressors, and anxiety replaces anticipation. Our kids can't enjoy childhood to the fullest, their learning suffers, and their long-term resilience is compromised.

Kids often get a message that their anxiety is something to get rid of or push away, but like all emotions our anxiety has a job to do.

Join Jennifer Cohen Harper, kids' yoga and mindfulness expert, in this interactive seminar to discover how to teach our kids to better understand their own experience, and find effective ways to meet their needs and engage in their lives from a place of personal power and agency.

Your immediate takeaways will help your clients and students (Kids):

- Prepare for anxiety producing situations
- Navigate stress
- Reduce overwhelm and reactivity
- Participate fully in school and home
- Harness their capacity for self-compassion

You'll walk away with a new framework for relating to anxiety, along with concrete practices to help your clients and students learn to access their inner resources, calm their anxiety, transform their relationship to stress, and thrive even when life is challenging.

Don't miss out – sign up today!

SPEAKER

Jennifer Cohen Harper, MA, e-RCYT, is an author and educator, who works to support all children and teens in the development of strong inner resources through the tools of yoga and mindfulness. Her goal is to help kids, and those who care for them, thrive in the world regardless of circumstances, and navigate the many challenges they face with a sense of personal power and self-awareness.

As the founder and CEO of Little Flower Yoga, Jennifer brings embodied mindfulness programing and education to schools and community organizations nationwide, serving students, families, educators, and mental health providers. She is an active member of the International Association of Yoga Therapists, and the board president of the non-profit Yoga Service Council, which works to maximize the effectiveness and sustainability of those committed to sharing practices supporting healing, resilience, self-development, community building and positive social change.

Jennifer's work has been featured in prominent publications including the *NY Times*, *The International Journal of Yoga Therapy*, *Publishers Weekly*, and *Yoga Journal*, and endorsed by thought leaders including Dan Siegel, Sharon Salzberg, Rick Hanson and Congressman Tim Ryan. Jennifer is a engaging presenter committed to collective growth and learning. She offers powerful information in a practical, easy-to-implement format with warmth, humor and joy.

Speaker Disclosures:
Financial: Jennifer Cohen Harper is the founder/director of Little Flower Yoga and The School Yoga Project. She is a compensated author for New Harbinger Publications. Her work on yoga and mindfulness has been featured in numerous publications including The New York Times and the International Journal of Yoga Therapy. She receives a speaking honorarium from PESI, Inc.
Non-financial: Jennifer Cohen Harper is the vice president of the Yoga Service Council. She is a member of the International Association of Yoga Therapists.



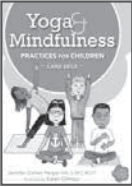
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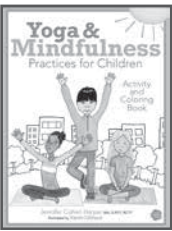
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By Jennifer Cohen Harper, MA, E-RYT, RCYT **YOUR SPEAKER**

Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions.



Yoga and Mindfulness Practices for Children Activity and Coloring Book

By Jennifer Cohen Harper, MA, E-RYT, RCYT **YOUR SPEAKER**

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. Yoga and Mindfulness Practices for Children Activity and Coloring Book offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

Target Audience:

Counselors • Social Workers • Therapists • Educators • Marriage & Family Therapists • Speech-Language Pathologists
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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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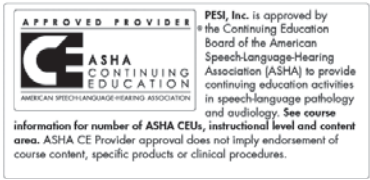
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Anxiety in Children & Adolescents: Yoga and Mindfulness Skills to Create Calm, Navigate Stress, and Restore Emotional Balance

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