

# Stress Happens. Calm is Possible

Meet your nervous system - it's more of a friend than you think!

## 4 class series to bring calm in this stressful life

We've all met stress—deadlines, relationships, money, family, the state of the world.

But stress isn't just "in your head." It lives in your body and nervous system.

By learning how your body responds, you can:

- Calm down when tension runs high
- Clear your mind
- Open your heart
- Handle life's challenges with more ease

✨ Join us to discover how to understand, manage, and free yourself from the grip of stress.

### What are we talking about?

#### Week One: The Stress Response

- What is stress, tension and trauma
- What does stress look and feel like in our bodies

#### Week Two: The Brain & Body During Stress

- What's happening in the brain & body
- Create your own "stress barometer" to track your nervous system state

#### Week Three: Changing our Mindset

- What is neuroplasticity and how it can help us?
- The role of mindset: how positivity shapes our life

#### Week Four: Somatic Therapy

- What is somatic therapy?
- Learn somatic exercises to use anytime for stress relief

### 2 Ways to Join!

In-Person: Center for Holistic Healing  
3929 Tinsley Drive • High Point NC, 27265

Tuesdays: October 14<sup>th</sup> - November 4<sup>th</sup>

Online  
Via Zoom Link

Mondays: October 13<sup>th</sup> - November 3<sup>rd</sup>

**5pm - 6pm Eastern Time**

**Cost: \$100 for entire series (space is limited)**

Enroll for in-person:  
Call the Center at 336-841-4307

Enroll for online classes:  
[www.beingbalanced.net/workshops](http://www.beingbalanced.net/workshops)