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Providing a multi-dimensional approach to mental health

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WORKSHOPS

"BOUNDARIES AND BURNOUT"

After this challenging year, do your staff a favor and address the elephant in the room....the subject of burnout....

This is the perfect workshop for semi post-COVID! This new workshop just premiered at the Harvard Kennedy School and received overwhelmingly positive feedback!! Burnout impacts every part of our physical, social, and psychological self and can have dramatic effects. This educational, interactive workshop identifies the stages of burnout, teaches employees how to prevent burnout, and to develop stress management strategies to implement so they can continue to be high performers. This workshop uses a combination of lecture and experiential exercises, and employees felt validated, supported, motivated and hopeful!

"HOW TO STRESS BETTER THROUGH CHANGE"

Learn how to take control and stress better through change...

Change is an essential and normal part of life and, it affects us all, even those whose lives seem perfectly secure and stable. Change is and unavoidable constant and sometimes it is within our control, but most often it's not. Learning how to respond to change and stress skillfully is the goal of this workshop. Whether in the workplace or at home, we can't change the actual stressors in our lives, however numerous research studies suggest, we can change how we respond to them. Through a combination of education, cognitive behavioral reframing, and experiential mind body skill building, participants will walk away with an armory of tangible tools and strategies ultimately learn to stress better and be resilient!

"COMING OUT OF COVID"

Developing a stress-free way of returning to the office...

Anxious about returning to the office in some capacity? After working remotely, some employees may have concerns about returning to the office and the life that COVID-19 pandemic abruptly changed. Indeed, as COVID vaccines become increasingly available, many

are experiencing return-to-work anxiety and stress when contemplating returning to their work spaces. How might such anxiety be calmed and managed? This one hour educational and interactive workshop is designed to help you develop valuable strategies and techniques to smooth your transition

THE FOUNDATIONS OF STRESS MANAGEMENT

Stress is an inevitable part of life, but it is your reaction to stress that creates suffering....

Enhance your quality of life, improve your physical and mental health, and build lasting resiliency to stress with a deep understanding of science necessary to build a toolbox of healthy interventions to combat stress.

In this experiential workshop you will learn:

- The neurophysiology and recent research findings behind the relationship of stress on physical and mental health.
- The power of the Relaxation Response.
- To build a consistent practice of stress reducing interventions including breathwork, meditation techniques, sleep hygiene practices, etc.

MANAGING STRESS AND NAVIGATING SELF CARE

For many months our lives have been disrupted; health, careers, finances, relationships, and routines are just a few things that have been impacted over the past few years. This ongoing stress and trauma can impact our physical and mental health, and putting ourselves as a priority is difficult, however taking steps to manage stress and prioritizing selfcare has never been so important. Enjoy this interactive workshop that shares research findings, and the neuroscience of the stress response and its antidote, the relaxation response. In addition, you will also discover the multi-layers of selfcare to create and build a plan of what your personalized selfcare plan will look like, plus experience valuable simple mind body practices to implement when times of stress are high. The end result...a balanced, strong and resilient mind and body for yourself so that you extend to care for others. Wear comfortable clothing.

THE POWER OF HABITS IN A REMOTE WORK SPACE

Good or bad behaviors become our habits through repetition and reinforcement. How do we change our habits? This is a powerful results-driven workshop which covers the neuroscience behind habit development, behavioral paradigms that support habit formation, and helps individuals build new habits or change old ones. Individuals will leave with the tools to advance in their own lifestyle changes. In addition, this session is interactive and specifically addressed remote challenges, and healthy habit formation.

SETTING UP FOR SUCCESS WITH SELF-CARE

Life is so busy! There are always tasks to do at home, work is busy and can be stressful, your family needs your time and energy, and your calendar is jammed. The antidote...self-care, and

it is not selfish! Self-care goes a long way helping you be more energetic, clear-sighted and resilient!

In this interactive workshop, you will learn what self-care looks like, why it's important and how you take care of yourself. This workshop will build knowledge and awareness around the multilayers of self-care, and help you determine how you currently and plan to meet more moving forward. You will leave with ideas for creating your personalized self-care plan to incorporate self-care every day in your life, and several tools to use when emergency self-care is necessary. The end goal of this workshop is to help you fill your own cup so that you can support others!

SLEEP SOUNDLY

This workshop focuses on the most universal – and sometimes elusive – of human activities: sleep.

Sleep is not only a biological necessity but also a physiological drive. In today's fast-paced world, though, a good night's sleep is often the first thing to go. The effects of inadequate sleep are more than mere annoyances: they affect our mood and how we perform at school, work, and home and behind the wheel. Sleep appears to be important in terms of memory function, regulation of emotions, and immune system response in all humans. Lost sleep also accumulates over time; the more "sleep debt" an individual incurs, the greater the negative consequences.

In this workshop you learn the science behind sleep, the benefits of sleep, effects of sleep deprivation, and an understanding of sleep cycles. You will learn the important relationship between your body's two clocks: circadian rhythm and sleep/wake homeostasis. Most importantly you will develop an understanding of what causes sleep deprivation and what you can do to prevent it and remedy it. You leave armed with solutions for better rest including tips, simple yoga postures, breathing techniques, and meditations that guarantee better sleep hygiene. Please note, this workshop can be presented as a one hour summary workshop or a 3 part detailed series.

JUST BREATHE

On its own, the act of respiration naturally energizes, cleanses, purifies, uplifts and reconnects us to a state of maximum balance as well as higher states of physical, emotional, mental and spiritual health.

When we use the breath skillfully, we can support the sympathetic (fight or flight) and parasympathetic (rest and digest) nervous systems, ensuring healthy physiological responses. Different breath practices can ignite different states—either elevating energy or relaxing the body. We can control our emotional states and nervous systems, depending on what we need and how we are feeling.

In this powerful experiential workshop, you will learn the foundations of breathwork, including the neuroscience, latest research and correct techniques for harnessing the power of your breath. We will practice a variety of valuable breathing techniques that are beneficial to

balancing your nervous systems that help you become the most productive, efficient and happy version of you. In addition, I also offer private sessions with employees to help them develop a breath practice that is tailored to their specific needs

INTRODUCTION TO MINDFULNESS

Learn what mindfulness is, the neuroscience behind mindfulness and experience mindful meditation firsthand.

Mindfulness is the new black! Mindfulness teaches an individual to be present in the moment, to be observant of their unique ideas, thoughts, and behaviors and to acknowledge their feelings and release them. The best part? Mindfulness techniques have also shown to be an effective tool for many stress-related conditions.

This one hour workshop is perfect for those without any meditation experience and combines the foundations of John Kabat-Zinn's MBSR (Mind-Based Stress Reduction), Dr. Herbert Benson's SMART (Stress Management and Resiliency Training), and the foundations of the Kripalu's RISE Program, an evidence based professional development program that is anchored in the science and practice of mindfulness, yoga and positive psychology.

THE FOUNDATIONS OF MEDITATION

Now more than ever we need the steadiness of mind and openness of heart...

There are so many amazing scientifically proven physical and mental benefits of meditation for all ages! Enjoy this three or four week series that is designed to help individuals learn how to establish and sustain a daily meditation practice. This series is designed for beginners, and is also appropriate for those with some meditation experience who would like to revisit the basics of meditation and/or deepen their practice. Each session will include interactive talks, instruction, questions and answers, as well as multiple styles of guided meditation practices. There will be a home practice component that will be guided with an audio component as well. It required that students attend all sessions to receive the maximum benefit of the course.

MANAGING ANXIETY WITH YOGA

Anxiety is on the rise, and is the most common mental illness in the United States. Stress and anxiety have been implicated as contributors to many chronic diseases and to decreased quality of life. Using yoga as a tool can have a wide variety of therapeutic benefits to help reduce anxiety. Yoga includes physical postures (asanas), breath regulation techniques (pranayama), meditation/mindfulness, and relaxation. Discover why yoga works through neuroscience education, yoga philosophy and practice! Please have a yoga mat and a blanket for your practice.

Mind Body Practice Instruction

YOGA SERIES

Yoga can help employees improve their overall well-being, strength, flexibility and balance while promoting relaxation and stress relief. Whether it is restorative or challenging, these multiple week sessions can be personally designed for all levels of experience, even beginners.

Yoga style choices include:

- Yoga Fundamentals for Beginners
- Energizing Flow
- Rest and Restore
- Yin Yoga
- Chair Yoga
- Yoga for Athletes

MEDITATION/MINDFULNESS SERIES

Meditation is a technique for making the mind more stable, peaceful and clear and for developing insight and good qualities. Practice a variety of meditation techniques suitable for beginners to more experienced meditators including meditation on the breath, visualization, mantra meditation, guided imagery.

THE GIFT OF YOGA NIDRA (A Deep Relaxation 4 week Series)

Lie down, listen, replenish and experience deep relaxation with the guidance of Yoga Nidra, a meditation practice that systematically turns the healing switch on in the nervous system, allowing you the necessary time the body needs to heal, prevent illness, and counter insomnia. Cultivate your inner freedom by allowing yourself to rest, balance, restore, and tap into new sources of energy.

Through guided meditation and practice, you:

- Experience deep peace
- Feel whole again
- Replenish sleep debt
- Eliminate not only muscular tension but also mental and emotional stress
- Discover techniques to foster wellness in daily life.