

# CALMING AN ANXIOUS MIND

MY BODY MY BALANCE

## Retreat

We warmly invite you to our upcoming 2-day retreat, Calming an Anxious Mind. Through restorative movement, expressive art-making and guided relaxation processes, you'll discover new paths to well-being.

**TERM 2 2025**

**3-4 May, Nelson**

**17-18 May, Auckland**

**31 May-1 Jun, Wellington**

**14-15 Jun, Auckland**

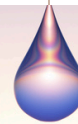
FACILITATED BY



Jade Ferriere



Hester Phillips



## IS THIS RETREAT FOR YOU?

This retreat is designed for people who have experienced trauma and are living with symptoms of overwhelm in their daily lives (who have a current SCS Claim). If you're looking for tools and support to manage these symptoms, understand more about trauma, and feel empowered in your healing journey, this group is for you. Calming an Anxious Mind Retreat is designed to be a compassionate space to explore self-care, manage stress, and develop practical tools for emotional balance.

## BENEFITS:

- Learn practical tools to calm an anxious mind.
- Develop self-soothing and compassionate habits.
- Overcome obstacles to self-care in a supportive space.
- Reconnect with your body in a gentle way.
- Improve your ability to stay present with difficult emotions.
- Gain techniques for managing stress and anxiety.
- Restore balance between your body and mind.
- Feel more in control of your choices and less isolated.

## WHAT TO EXPECT

**Trauma-Sensitive Restorative Movement:** Gentle, mindful movement practices to help reconnect with your body and calm your nervous system.

**Guided Relaxation:** Techniques to promote deep relaxation and ease tension.

**Arts Therapy, Journaling and Reflection:** Reflective creative exercises to enhance self-awareness and compassion. (No artistic skills required)

**Embodied Learning:** Practical exercises to understand and respond to your autonomic nervous system.

Whether you're new to these practices or looking to deepen your understanding, this retreat is accessible and supportive every "body" is warmly welcome. Move at your own pace, in a nurturing environment.

## TO REGISTER:

Please speak with your ACC Lead Provider and ask them to help you fill in the Client Consent & Registration form.

If you have any questions please reach out to us [hester.phillips@nelsonclinic.nz](mailto:hester.phillips@nelsonclinic.nz)