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"Flow Through Summer" Week 1: June 6-10

"This project is being supported, in whole or in part, by federal award number SLFRP16T5 awarded to Douglas County by the U.S. Department of the Treasury."



thank you for being here!

CONTACT:

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"The program will offer a mindfulness curriculum that will incorporate themes relating to boosting the well-being of the young people by engaging with them with the goals of developing self-regulatory capacities, positive self-concept, supportive relationships and healthier lifestyles."



FROM THE INSTRUCTORS ~

"Fight or flight is about survival mode and keeping yourself safe. If you're in a constant state of fight or flight, you can get sick, you can make bad decisions... Mindfulness can help get you into a peaceful mode and a better state of mind. You can reach your highest potential in peaceful mode."

"There will always be waves around us... When you learn mindfulness techniques, it's like getting a surfboard."

"Training your body also trains your mind and training your mind trains your body."

"Moving forward, if you notice yourself feeling angry, come back to the present moment, and think about the senses vs getting angry."

"Mindfulness is about embracing the present moment without any judgement."

"Relaxing allows for less mistakes... you can reset."

"When you take a breath, you're telling your brain, 'Hey, chill out.'"

"432 Hertz is the frequency that helps regulate our brain and keeps us calm. It's the most balanced sound for the human ear. It also helps with studying."

"As an athlete, instead of saying 'I'm such an idiot' after missing a ball, come back to the present and your senses... 'I felt my right shoulder cut loose under the ball' instead."

"Longer inhales and shorter exhales increase our heart rate and make us more nervous. A shorter inhale and longer exhale allows us to relax."

FROM THE YOUTH ~

"We're butterfly sisters!" ~ (M to Carole after choosing a butterfly as favorite tattoo choice)

"It made me relaxed tired." ~ (432 Hertz frequency session)

"Would you like some?" ~ G to Nedu after Nedu told him Skittles were his favorite candy too.

"I like this a lot... I would much rather be in here doing this than playing games all day."

"When I feel peaceful, I let things go... I remove myself from situations."

"Breathing is important."

M singing Harry Styles, "As It Was." We tell her how great that is and she says, "That's my song!" ~ (A very cute moment)

CALMING, COSY ELEMENTS + HEALTHY SNACKS



ANNE-MARIE SULLIVAN: "BREATHWORK + MEDITATION"

DANIEL LYLE: "STRENGTH TRAINING + MENTAL FITNESS"





NEDU IZUEGBUNAM, HUSKERS ATHLETIC COUNSELOR: "5 SENSES, 4-7-8 BREATHING, CUES FOR FOCUS, VISION BOARD"



CAROLE WESTERMAN SESSIONS: "432 HERTZ RELAXATION, 61 POINTS MEDITATION, GAMES, MUSIC"



HERE

ANNE-MARIE SULLIVAN: "HEALING STRETCHES, YOGA POSES, HANDSTANDS, SINGING BOWL, MEDITATIONS"



FLOW
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See you next week!



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