

# Growing – Wellness and Coping skills while Staying in place.

## Introduction.

9muses has maintained wellness and coping skills classes for years. In this class, we will be using these skills during online classes in a conversational approach, with members sharing from their lived experiences.

The classes will be held on Tuesday at 1 pm.

## Classes

Week 1: How to handle stress through meditation.

- Discussion will focus on the need to lower stress in our daily life.
- Discussion will include how to build the relaxation response.
- Class will practice meditation techniques

Week 2: Self-care and self-kindness

- Members will discuss the tendency to beat ourselves up.
- How practicing self-kindness can lower feelings of shame, embarrassment and frustration.
- How self-care can build healthy boundaries.

Week 3: Grow where you are.

- Members will discuss how staying active can make us happier.
- Different activities members like, or want, to do.
- How life-long learning can improve personal growth

Week 4: The past, present and future.

- Member will discuss thought distortions and how debilitating they can be in our lives. How to identify distortions in memories about the past, current stressors and anxiety over the future.
- Techniques to make our thoughts clearer.

Week 5: Compassion, Empathy and socialization skills

- Members will discuss it is ok to be shy and by accepting our shyness can make it easier to socialize.
- By practicing compassion empathy and interest in others we can ease self-consciousness and help better conversations.

Week 6: Personal growth and the right to fail and the right to succeed.

- This discussion will review all the classes.
- That personal growth is full of success and set back and are to be expected, that we may be discouraged but if we keep trying we have a better chance of success,

### Conclusion

A major message discussed throughout the classes is raising self-esteem, acknowledging our self-worth and that all these skills are learnable and can help improve our lives. Each class will start with a 10-minute meditation.