

Tools & approaches for

# STRESS FEAR ANXIETY

## St Mary Parish

West Room in Parish Center  
1012 Lake Street  
Evanston, IL 60201  
9:00-11:00a

“Our goal is to respond to life’s challenges in an open, caring, power filled way, instead of just blindly reacting.”



## RICHARD SIMS, RSME, RSMT

Saturday, November 9th

In this introductory workshop, Rich leads us into his work in Somatic (Body) Education, Mindfulness and the principles of the Art of Aikido, (a non-violent martial art) teaching us ways of working with our stress, fears and anxieties.

By working with the body and mind, in combination with your distress responses, you'll learn ways of bringing the body into your personal caregiving toolbox that can be used throughout the noise and excitement of your day.

We'll explore tools and approaches to help you achieve the "personal power" needed when working with your individual challenges. They'll also serve as ways to achieve the calm, open, caring power necessary to live out an empowered

giving life for yourself and those around you.

Rich teaches these same approaches, tools and skills to teens having problems at school or home, people dealing with the strain of cancer, depression, work related stress, or sexual abuse. Some organizations he serves include MenHealing, Youth-Guidance and Cancer Wellness Center.

If you've ever been affected by the stress, fears and anxiety life brings, come join us! Together, we'll explore and learn in a fun, safe environment. There are no strenuous exercises, only gentle movement experiments and play. For more information or questions you can visit Rich's website at [RichardESims.com](http://RichardESims.com)

(Contact Deacon Ramon Navarro at [rnavarro@stmaryevanston.org](mailto:rnavarro@stmaryevanston.org))

Please bring: Bath towel. (not a necessity if you forget!)