

La Frontera EMPACT - Suicide Prevention Center

Wellness Tip Videos / Workshops and Groups

Short Wellness Tip Videos

[Breathing to Reduce Stress](#)

Watch and learn a simple breathing technique to help you relax.

[Watch Here](#)

[Body Scanning to Reduce Stress](#)

Watch and learn a simple body scanning technique to help you give your brain a break.

Want to learn more ways to reduce stress and increase calm?

[Watch here](#)

[Progressive Muscle Relaxation](#)

Relax your body with this tense and release progressive muscle relaxation. It's one of our clients' favorites! Want to learn more ways to reduce stress and increase calm?

[Watch here](#)

[Using Mindfulness for Relaxation](#)

Ever wonder what mindfulness really is and how it can help? Watch this video for valuable tips and information. Want to experience mindfulness and other meditations led by mental health professional to help you relax?

[Watch here](#)

[Stretching and Movement](#)

Feeling a little tense? Interested in more ways to release tension and increase a sense of calm? Watch this video and follow along with these gentle stretches to release some tension from your body.

[Watch here](#)

[Positive Self-talk](#)

Changing your perspective can provide significant benefits and improvements to your mental well-being. Watch this video to shift how you think about challenging situations and how you can talk to yourself through them

[Watch here](#)

[4 Tips for Handling Grief](#)

If you are dealing with any kind of loss right now, watch the attached video to learn 4 tips on dealing with grief. In need of additional support on moving through your grief?

[Watch here](#)

For questions or to register for any of our upcoming workshops or groups, contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org. Please note our grant-funded services end on February 3, 2022.

Updated 11/30/21

La Frontera EMPACT - Suicide Prevention Center

Wellness Tip Videos / Workshops and Groups

Grounding Skills to Reduce Anxiety

When you're feeling overwhelmed, one of the best ways to calm yourself is through grounding skills. Watch this video to be led through an activity to help ground you in the present moment.

[Watch here](#)

8 Principles of Mindfulness

Learn more about the 8 Principles of Mindfulness and how they can help you not only in mindfulness but also in life. Want to experience mindfulness and other meditations led by mental health professional to help you relax? Join us for our FREE mindfulness groups.

[Watch here](#)

Focus On What You Can Control

Feeling out of control can lead to stress and anxiety. Watch this video to explore some ways to gain a sense of control by focusing in on what you can control rather than on what you can't.

[Watch here](#)

Permission To Grieve

Are you struggling with grief? Giving yourself permission to grieve is essential in your grief journey. Watch this video to be guided through a grief meditation to help you give yourself permission to grieve.

[Watch here](#)

Guided Visualization

Guided imagery is a great tool to use to give your mind a break. Watch this video for a relaxing guided visualization

[Watch here](#)

Tips for Restful Sleep

Sleep is often one of the first things affected when we are experiencing stress. Watch this video to learn ways to get more restful sleep.

[Watch here](#)

Using Self-Compassion in Grief

Grief is a life-long journey that shifts over time. Watch this video to explore how to practice self-compassion as you move through your grief journey.

[Watch here](#)

For questions or to register for any of our upcoming workshops or groups, contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org. Please note our grant-funded services end on February 3, 2022.

Updated 11/30/21

La Frontera EMPACT - Suicide Prevention Center

Wellness Tip Videos / Workshops and Groups

Loving Kindness Meditation

Loving Kindness is a concept of bringing compassion and gentleness to our awareness, which often helps reduce feelings of fear and anxiety and increase our happiness. Watch this video to be guided through a loving kindness meditation.

[Watch here](#)

Affirmations

What you say to yourself matters. Watch our video to learn what to say to yourself to shift from a negative to a positive perspective.

[Watch here](#)

Gratitude Meditation

Practicing gratitude is one of the most effective ways to reduce stress and feel more calm. Watch this video to be led through a gratitude meditation.

[Watch here](#)

Upcoming Workshops and Groups

Tips to Handle Pandemic HOLIDAY Stress Workshop

Learn how stress may be affecting you, ways to manage your stress, and what resources are available to get more support. For: Adults.

When: Wed, December 8 12PM-1PM

Register: <http://tinyurl.com/StressWorkshop-CCP-Dec2021>

Surviving Grief Workshop

Learn ways to manage grief for different losses (death of person, death of pet, illness, separation, transition, etc.). For: Adults experiencing grief of any loss.

When: Thu, December 16 12PM-1PM

Register: <http://tinyurl.com/GriefWorkshop-CCP-Dec2021>

For questions or to register for any of our upcoming workshops or groups, contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org. Please note our grant-funded services end on February 3, 2022.

Updated 11/30/21

La Frontera EMPACT - Suicide Prevention Center

Wellness Tip Videos / Workshops and Groups

Mindfulness for the Holidays

Grab a warm beverage, get in your comfy clothes, and join us for some mindfulness activities to help you relax this holiday season. Join as many as you like. Day Time Register Link (click or type in web browser)

Thu, Dec 2	12PM-12:30PM	http://tinyurl.com/MindfulHoliday-CCP-Dec2
Tue, Dec 14	12PM-12:30PM	http://tinyurl.com/MindfulHoliday-CCP-Dec14
Fri, Dec 17	12PM-12:30PM	http://tinyurl.com/MindfulHoliday-CCP-Dec17
Sat, Dec 18	12PM-12:30PM	http://tinyurl.com/MindfulHoliday-CCP-Dec18
Wed, Dec 22	12PM-12:30PM	http://tinyurl.com/MindfulHoliday-CCP-Dec22
Mon, Dec 27	12PM-12:30PM	http://tinyurl.com/MindfulHoliday-CCP-Dec27

Self-Guided Mindfulness: How to Practice Mindfulness on Your Own

Learn evidence-based tools to help you start and maintain a mindfulness practice. You'll also get support after the workshop to keep you on track. Chose the day/time that works best for you.

Fri, Dec 3	10AM-11AM	http://tinyurl.com/SelfMindfulness-CCP-Dec3
Mon, Dec 6	12PM-1PM	http://tinyurl.com/SelfMindfulness-CCP-Dec6
Tue, Dec 7	8:30AM-9:30AM	http://tinyurl.com/SelfMindfulness-CCP-Dec7
Thu, Dec 9	2PM-3PM	http://tinyurl.com/SelfMindfulness-CCP-Dec9
Sat, Dec 11	10AM-11AM	http://tinyurl.com/SelfMindfulness-CCP-Dec11
Wed, Dec 15	4PM-5PM	http://tinyurl.com/SelfMindfulness-CCP-Dec15

For questions or to register for any of our upcoming workshops or groups, contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org. Please note our grant-funded services end on February 3, 2022.

Updated 11/30/21