

Tools and Strategies for Managing or Eliminating Depression

April 8th to May 13th – 6-8pm

1020 SW Taylor, Suite 448, Portland, OR 97205

In today's hectic world, depression is common. However there's a lot you can do to manage or eliminate depression. Join Lynne Coon, Licensed Professional Counselor and Kim Hapke, Licensed Naturopathic Doctor for a six-week class to learn tools and strategies to deal with depression.

Week 1 **Depression and the Foundations of Health**

--(Lynne) Increase your mind-body awareness; understand the signs and symptoms of depression; learn how to be more successful in making changes by understanding where you're at in your desire to change.

--(Kim) Recovering from depression can mean providing structure around essential components of health. We'll discuss how sleep, diet, exercise and sun can elevate mood.

Week 2 **Building Self Awareness**

--(Kim) Each person's manifestation of depression is different—stressors are uniquely personal as are symptoms. Essential oils have an immediate effect on mood and can be used to uplift or ground a person We'll experiment with several as a self awareness exercise and to experience their beneficial qualities.

--(Lynne) Be proactive instead of reactive by understanding what areas of your life aren't working and how to maintain awareness so you can keep your depression in check.

Week 3 **Managing Stress and Anxiety**

--(Lynne) Understand the effects of stress and anxiety on our bodies. Learn skills to reduce both.

--(Kim) The adrenal glands are on the forefront of our bodies' response to stress. When they get overwhelmed, feelings of fatigue and low mood can result. Learn ways to reduce the toll that daily life takes on them and to nourish them with proper food and herbal medicine.

Week 4: **Thoughts and Their Effect On Your Mood**

--(Kim) Is your brain chemistry in need of support? We will discuss several of the key brain chemicals important in mood changes and nutritional and herbal support for each one.

--(Lynne) Understand how what we think affects our mood and how you can change this. We'll look at cognitive and Dialectical Behavior Therapy techniques.

Week 5 **Boundaries and Communication**

--(Lynne) We'll look at the challenges in setting boundaries, recognizing when they're being ignored, gaining comfort in setting them and communication as a way to set effective boundaries.

--(Kim) Dealing with stressful situations in our lives can be challenging. It may be time to confront ways of communication and being in a relationship that aren't working for you anymore. Flower essences can help support these transitions in a balancing way.

Week 6 **Putting it all Together**

(Kim/Lynne) A chance for us to address areas group members want more information on or to revisit early group topics now that attendees have had a chance to try out their learning; additional resources; final Q&A.

\$110 for six week class.* Maximum number in group limited to 10.

(See reverse for registration information.)

Lynne Coon, MS, LPC | 503-243-2283 | <http://www.dontworry-behappy.com>

Dr. Kim Hapke, N.D. | 503- 239-1543 | <http://meaningfulmedicine.com/>

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Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Payment Method: [**Full amount due before first class. Your spot is not reserved until payment is received.**]

Cash Check

Debit/Credit Card (we use Google Shopping Cart—you'll receive an email from us to complete your transaction)

Refund Policies:

1. No refunds after April 8 at 4pm.
2. No refunds for missed classes.
3. A twenty-five percent (25%) handling fee will be deducted from all refunds.

To help us meet your expectations, please let us know what you'd like to get from this class. We can't guarantee we'll cover your topic but if we can fit it into our current topic areas we will.

Mail: Lynne Coon, 1020 SW Taylor, Ste. 448, Portland, OR 97205

Fax: Lynne Coon, 503-488-5997

Questions? lynne@dontworry-behappy.com or drkimhapke@meaningfulmedicine.com

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