



SERA, Inc. Mindfulness Based Stress Reduction (MBSR) for Youth and Adults:

Many of our youth don't talk about the stressors in their lives – the things that make them sad, despondent, worried, frustrated and angry. Between the pressures from wanting to make good grades in school, to dealing with managing relationships with parents and friends, to worrying about where the money will come from to buy some of the things they would like to have – life can be very difficult to cope with.

Adults carry some of the same issues our youth carry as it relates to stressors, but for adults - stressors are often magnified. As caretakers, breadwinners, and problem-solvers, the physiological symptoms of stress that accompany these tasks are often overwhelming and can make us sick. Symptoms of stress may include anxiety, irritability, muscle tension, burnout, apathy restlessness, headaches, fatigue, stomach distress, difficult in concentrating, worry, overwork, substance abuse, smoking, eating problems, sleep disturbances or feeling overwhelmed. All of these can create avenues to develop chronic pain, high blood pressure, cancer, gastrointestinal disorders, heart disease and other medical conditions. When we are stressed our bodies and minds get sick, we become fatigued, tired, and depressed.

This SERA, Inc. program will provide participants with life/health coaching opportunities along with guided wellness imagery coaching that will help them develop their goals for success on a personal, professional and health level both in the present and the future. They will also have the opportunity to learn how to reduce stress in their lives in real time through a variety of scientifically validated techniques so that they can begin to feel comfortable and at peace despite the difficulties that may arise in their daily lives. Don't miss this amazing opportunity to transform the way you deal with stress and make happiness, joy, and hope a critical part of your life through guided wellness imagery, and MBSR training. At the core of MBSR is learning to cultivate and develop nonjudgmental awareness in day-to-day life; learning how to do develop that awareness can transform your life for the better.

Facilitator: These workshops will be facilitated by SERA, Inc. CEO/President, Ms. Rita Anita Linger. Rita Anita is a PhD level Life and Health/Mind Body Medicine Coach as well as a licensed Mindfulness Based Stress Reduction Technique trainer. Mrs. Linger has won awards for her work with both youth and adults in community development and holistic living in enhancing the quality of life through well designed health and wellbeing systems of care and community support. She was named as a woman of distinction for her work and her picture is placed in the DeWitt

Historical Museum, in NYS for her work with diverse communities.