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“On a daily basis school nurses treat thousands of children with stress related health problems. For this reason, Old Me New Me (formerly Peace, Harmony Awareness) is an important part of the curriculum. Judy Igoe, R.N. M.S. Director of School Health Programs University of Colorado Health Science Center

RELAX and listen to the GENTLE SOUNDS OF the WAVES AS they ROLL UP ON the BEACH

Children's Programs

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Children for ages 5-19

my new me is contented, KIND AND LOVING.

In recent years, it has been discovered through new brain research that talk therapy does little to help children and teens with behavioral and emotional problems. Often children are misdiagnosed as being ADHD, and medicated incorrectly when instead they may be in a state of hyper-arousal.

Children today are often overwhelmed by all that is required of them and the pressures that they feel. As a result children usually have no idea how to handle their frustrations and fears and become more reactive creating more behavior problems. Old Me New Me provides a sense of physical relaxation and relief. Each story teaches more appropriate ways for children and teens to relieve stress and anxiety within what some have called mindfulness story lines. Their inability to express feelings appropriately to get what they need and the lack of ability to handle the stress and frustration they are feeling, are some of the major reasons that children have behavioral problems. Some of these behavioral problems might include aggression, short attention span, depression and defiance, many of which may be caused by stress in their lives not immediately seen or even previous trauma including that of divorce. Renowned child and adolescent psychiatrist Dr. Bruce Perry, as well as neuroscientists, say that when stress or trauma is outside the tolerance level of the individual and has been prolonged, as in PTSD, brain function patterns shift. When children are in a chronically anxious state of overwhelm, they may be misdiagnosed as being ADHD. Although a number of stressors can create anxiety, children can be taught to self-regulate and shift back again to a more calm and peaceful state often without the use of medication. Learning to use relaxation and how to handle their stress is a conservative way to handle these problems and a way to teach self-regulation which is an important self care tool. Old Me New Me takes children on entertaining journeys to relax in the moment and learn important life skills that last a lifetime.

Trip to a Magic Kingdom

ALIVAH CHALLENGE BROTHERS THROUGH MINDFULNESS, RELAXATION AND STORIES

Children learn to deal with conflicts rather than fighting or hurting others with words.

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