

Wellness through Crisis: NM Stronger Together 2020



Learn and experience exercises influenced by Poly vagal Theory, Attachment Theory and Neurobiology to incorporate into your daily practice of coping with anxiety, depression and grief during this pandemic.

This Webinar Series will include meditative music from Lyndsey McAdams, MA, LPCC and guided mindfulness from Craig Thomas McAdams, MA, LPCC at the end of each session.

Webinar Schedule: EVERY FRIDAY IN MAY 2020
from 12:30 pm – 1:30 pm

Please click the link below to join the webinar:

<https://zoom.us/j/97235303059>

1 Hr. Webinar: Title & Description

Week 1 May 8th, 2020- The Vagus Nerve: Our Ally in Coping w/Depression, Anxiety & Grief

Week 2 May 15th, 2020- The Vagus Nerve & Worthiness: From Depression to Strength

Week 3 May 22, 2020- The Vagus Nerve & The crying baby: From Anxiety to Freedom

Week 4 May 29, 2020- The Vagus Nerve & Loving Kindness Presence: From Grief to Acceptance



PRACTICE EXERCISES

1) Vagus Nerve Stimulation (Breathing Exercise #1)

- a) Take a deep, full lung capacity breath in
- b) Hold for 3 seconds
- c) Release the breath slowly and repeat a) through b), 3 to 5 times

2) Vagus Nerve Stimulation (Breathing Exercise #2)

- 1) Take a deep, full lung capacity breath in
- 2) Hold for 3 seconds
- 3) Hum out the breath, feeling the vibration in your nose, teeth and chest, and repeat 1) through 3), 3 to 5 times

3) Vagus Nerve Stimulation (Breathing Exercise #3)

- 1) Take a deep, full lung capacity breath in
- 2) Hold for 3 seconds
- 3) Gently and slowly let out a vowel sound as if you are singing to a baby, and repeat 1) through 3), 3 to 5 times

4) Vagus Nerve Stimulation (Visualization Exercise #4)

- 1) Allow the faces of people, their smiles and their laughter to emerge in your mind letting them affect your body and emotions.

Please join us during Mental Health Awareness Month with a series of FREE virtual one-hour webinars that teach simple, effective exercises for the people of New Mexico to use to cope with the high state of anxiety, fear and grief that has emerged in our communities during this pandemic crisis. For those who are not able to participate in the live webinars, a recording of the webinars will be available for you to view [here](#).

Learn more about your licensed professional facilitators by clicking on the links below:

Professional Facebook Pages:

Lyndsey McAdams, MA, LPCC at

<https://www.facebook.com/lyndseymcadamsandthelindentree/>

Craig Thomas McAdams, MA, LPCC at

<https://www.facebook.com/MindfulLovingPresence/>

You can also read more about **Lyndsey and Craig** in Psychology Today Pages at:

<https://www.psychologytoday.com/us/therapists/lyndsey-mcadams-santa-fe-nm/381566> <https://www.psychologytoday.com/us/therapists/craig-thomas-mcadams-santa-fe-nm/725753>

