

'Stress Busting'



Capacitar Mind – Body - Spirit Practices

Capacitar: In Spanish means to *empower, to encourage, to bring one another to life*. This program of wellness practices was designed to give people the skills to heal and transform stress and pain resulting from illness, trauma, and the difficulties of daily life. These practices have been used effectively with diverse people and cultures in over 40 countries (www.capacitar.org).

Intended Audience: for all of us who experience stress (*healing ourselves*) as well as for practitioners, students and/or volunteers working in service capacities (*healing others*). The skill-based learning enables one to apply the practices immediately for wellness and community health: local to global (*healing the world*).

A Typical 30 Minute Session: involves learning specific practices such as:

- Meditation and mindfulness
- Finger holds and other body holds for managing emotions
- Tai Chi – Qi Gong movements for less stress and more energy
- Emotional Freedom Technique for reducing distress
- Acupressure Points for managing stiffness and pain.

Five Week 'Free' Online Program: Wednesdays February 3 to March 3, 2021, noon – 12:30pm, followed by optional Q&A discussion

Open To: the York University community and friends around the world

Certificate: option to obtain a 'Digital Badge' of completion from York University

Program Details: consult the Stress Busting website: <https://stressbusting.info.yorku.ca/>

To Register: send your Name and email address to: harvey.skinner@yorku.ca . **Coordinator:** Dr. Harvey Skinner, Professor of Psychology & Global Health, York University.

Healing Ourselves, Healing Others, Healing our World