

The **Keystone** Program

A coping strategies program

Just because today is a bad day doesn't mean that tomorrow won't be the best day of your life.

Never give up. Never lose hope. You are worth it.

Every person, young and old, will be exposed to some level of stress in their lifetime that can have negative effects on their mental and physical health. Without the proper coping skills, stressors can become unbearable and could possibly lead to mental health disorders or worse, suicide.

Do you remember how stressful your first day of school was? Or worrying about test day, making friends, or good impressions? Did you ever feel anxious or tense, have a nervous tummy, or feel wound up and full of uncontrollable energy?

With The **Keystone** Program, we build healthy habits and teach coping strategies empowering our youth to help them to withstand daily stressors.

When we create these healthy habits, studies show that our body's response to stress is healthier and much more manageable.



Chardon Integrated Wellness Center
Woodiebrook Gables Plaza
602 South St. Suite C-8
Chardon, Ohio 44024
(440) 279-4030

www.chardonwellnessnow.com

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The 4 Foundations

Polyvagal Breathwork: Deep breathing techniques that trigger the relaxation response counteracting the physiological effects of stress

Mindfulness: Skills to help learn how to quiet the mind, develop patience, and improve focus

Emotional Freedom Technique: Acupressure massage for your emotions to reduce stress and help to process big emotions

Functional Movement: Movement with a purpose to help create a healthy lifestyle and counteract repetitive motions

CHARDON
INTEGRATED WELLNESS CENTER



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Building strong Foundations for a healthy tomorrow



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CALL TO SCHEDULE
YOUR PRESENTATION TODAY
AND GET ON THE
SCHEDULE FOR THE
NEXT AVAILABLE SCHOOL YEAR!

Training Clinics

Interactive-Age
Appropriate
Assemblies

Age-Appropriate
Guided Manuals



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