



## **GARDENING YOUR LIFE: Adult Grounding Course**

**SKILLS & SUPPORT TO MANAGE ANXIETY AND DEPRESSION**

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**MEETS MONDAY'S FROM 6:00pm-7:30pm (FOR 10 WEEKS)**  
**Next session starts Monday, January 16, 2023**  
**Prairie Ridge Church**  
**825 NW 36th St, Ankeny, IA 50023**

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When struggling with anxiety and depression, we often feel overwhelmed, panicked, lost, alone and many other emotions... but we don't feel grounded. This ten-week skills training course will help you learn to manage your anxiety and/or depression through grounding, gratitude and social/spiritual support.

The Grounding Course is open to anyone interested in skills training, support and education. The course covers topics from Grounding: Gardening Your Life by Dr. Heidi Vermeer-Quist. Each session begins with the Serenity Prayer and a mindfulness exercise. The 10 main topics are:

- Deep breathing, relaxation & mindfulness
  - Improving your self talk and self concept
  - Self care: improving eat, sleep & exercise habits
  - Healthy boundaries: living with good limits
  - Understanding & managing emotions
  - Prayer journaling: working through feelings, attitudes & behaviors
  - Distress tolerance: skills for stressful times
  - Interpersonal effectiveness: respecting yourself & others
  - Assertiveness & active listening skills
  - Giving thanks & building a grateful community
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**FACILITATOR: Steve Lahey and Rachel Smith**  
**FOR MORE INFORMATION & TO REGISTER, CALL (515)331-0303**