

THE ROOM NEXT DOOR

The Room Next Door brings you the chance to slow down and push the reset button on the frustrations of your life. Tried and true techniques for reducing stress are taught in a manageable fashion, at a pace you can handle. You are not alone and are provided support for integrating practices to take even better care of yourself and your life.

I developed the Room Next Door as a response to the increased amount of stress and pressure we are under at work and at home. More and more is required of us. Most of us struggle to find the time and energy to take good care of ourselves.

Together, we will grapple with some big questions: What causes stress? How does it impact our lives, our bodies, our minds, and our relationships?

We will take that information and figure out what it means for us individually as well as in community. Then we'll identify what we can control, where we have choices, and where we do not. The last step — the first step in a life-long practice — is to develop practices and rituals we can use to take good care of ourselves when we are stressed.

How can we continue to deepen our practice so that we can reduce stress and increase joy in our lives? How do we keep it up without feeling guilty or more stressed because we are not taking good care of ourselves?

We will tackle these questions, finding answers together in the safe space of the Room Next Door.

The Room Next Door online class is your opportunity to learn how to manage your stress in creative, personal ways. The class fits within your schedule and is kept small so you have the opportunity to ask questions and engage even from your couch. You will have a chance, if you like, to connect with others and learn together in community. (If you want to dive deeper or change how your organization manages stress – there are also in-person retreats and organizational specific services.)

“Getting better at self-care makes me more present, effective, and fulfilled, both at my job and in my family. The Room Next Door gave me thoughtful space and tools and community to walk away with specific practices I am going to start, continue or restart. I know this is going to reduce my stress.”

~ Tania Westby, Coordinator of School-Family Partnerships, Aki Kurose Middle School

The Room Next Door Classes include:

- 7 week online class that fits into your schedule
- Creative assignments that you will actually enjoy doing
- A workbook and templates that help you create real stress-reducing practices that work for you
- 5 live, video classes and video chats (all will be recorded for your watching convenience)
- Access to me in office hours each week
- Access to our private Facebook group

**The upcoming Room Next Door Online class begins
April 25th, 2016!**

Here is the class schedule:

Week 1: April 25-30

Setting the stage

We get to know each other and how the class will work. We set up a few habits and a schedule to assure everyone can engage deeply in the class. This is actually the most important week. It sets the foundation for the rest of our time together!

Creative assignment + welcome kit

Week 2: May 1-7

Identify what stress is and what it is doing to us and our communities

We identify what stress is and understand why it happens. We discuss the impact and interplay of stress, secondary trauma, and oppressive systems. Then we take a look at the stress triggers in our own lives.

Creative assignment + video class & chat

Week 3: May 8-14

Learn/create doable practices for reducing stress

Together, we practice critical techniques for reducing stress and begin to create personal practices we can use right away.

Creative assignment + video class & chat

Week 4: May 15-21

Create a personal plan to increase calm and joy in your life

We create a plan that works for you in your actual life now. This is not about a whole new set of goals. This is about manageable changes that take you back from the brink of overwhelm. We'll learn and apply additional techniques that will help increase feelings of calm and joy. And we will problem-solve around the barriers that are holding us back from taking good care of ourselves.

Creative assignment + video class & chat

Week 5: May 22-28

Gain clarity on the direction you want your life to go

Have the space, tools and support to figure out what direction you want your life to go right now. Perhaps you have had an inkling that you want something to change and you have not known where to start. Have the ability to actually figure out the changes that need to be made and the energy to make them.

Creative assignment + video class & chat

Week 6: May 29-June 4

Try it out!

We take the time to see if our new plans work. What can we do to make them fit our lives and our needs? We will take the time to try things out and build new habits. Learn how to actually say no with strength and grace. Learn how to say yes to things you want to do but have scared you.

Creative assignment

Week 7: June 5-11

CELEBRATE successes

We put all of the components together and celebrate what you have learned and how you have grown.

Creative assignment + video class & chat + celebrations

Contact me directly with questions at annie@vesselconsulting.org.