



VISITING NURSE ASSOCIATION
OF SOUTH CENTRAL CONNECTICUT, INC.

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Stress Reduction Programs

We currently offer programs at the current sites such as Columbus House, Liberty Safe Haven, and New Haven Home Recovery. In addition, we have expanded the target population to people at risk for Post Traumatic Stress Disorder (PTSD), particularly veterans and homeless women who are in need of learning stress management skills. The current grant supports services for the residents of the City of New Haven.



For information
regarding this program.
Contact Nancy Humiston
at 203.859.6055

Stress is: Energy Depletion Rx: Tools to Recharge and Rejuvenate

Stress is:

- * Chronic
- * Exhausting
- * Fact of Life
- * Trigger for:
 - Work Sick Time
 - Depression
 - Anxiety
 - Hypertension
 - Sleep Disorders
 - Diabetes
 - Other Medical Problems

Antidotes to Recharge Energy:

- * Breathing
- * Relaxation
- * Mindfulness
- * Exercise
- * *Reiki* (Ray-key)

Reiki is:

- * Energy Healing
- * Healing Touch
- * Pain Relief
- * Soothing Self-care
- * Non-toxic
- * Non-chemical
- * Non-addictive
- * Non-invasive
- * Gentle
- * Calming
- * Refreshing
- * Energizing
- * Creates deep sense of well being