

Our Vision: To see a world where people develop authentic and meaningful lives achieving higher levels of wholeness towards accomplishing purpose, goals and dreams.

Our Mission: To work with people providing counseling solutions. Aiming towards potential achieving wholeness, health and abundance

Ivy Counseling

810 South 7th Street, Las Vegas, NV 89101



Where Courage meets Compassion

**Stress
Management /
Relaxation
Training**

Thursdays 5:30 – 6:30pm



What is SMART?

Stress Management and Relaxation Training (SMART) group integrates western counseling technology with ancient eastern practice in the post-modern era of hypermedia.

The goal of Stress Management and Relaxation Training is to control stress towards achieving optimal functioning.

Optimal Functioning means winning – it relates to performance and includes health and wellness.

“Yerkes-Dodson Law” – The law indicates that performance increases with physiological or mental arousal, but only up to a point. When levels of arousal become too high, performance decreases.

People perform and function optimally with at least some stress.

“Make it easy, make it light.”

“Sounds like us –

Feel the call, the urge to change. It starts undeniable the push continues – you can feel the awakening inside and out. We seek experience and guidance on the path.”

The exercises explored and presented at the Stress Management and Relaxation Training group integrate western technology with ancient eastern practice in the post-modern era of hypermedia. Now is the time – check out the group.

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Aspects of relaxation training include;

- Mindfulness breathing exercises
- Progressive muscle relaxation
- Sensory focused relaxation
- Visualization

“Being the change I want to see –

I serve towards a dedication to help and give forward as part of the cycle of goodness, of healing in the expansion of – Lovingkindness, CaringCompassion, Admiration and Equanimity.”

Physical, mental, emotional, social and occupational improvements can be achieved through the management of stress and the achievement of relaxation.

Concerns in connection with excess stress

The activation of the compulsive, unnecessary or inappropriate fight / flight / freeze stress responses can relate to possible patterns and/or consequences;

Anger	Fatigue	Flashbacks
Sorrow	Headaches	Nightmares
Anxiety	Nausea	Increased Heart rate
Agitation	Guilt	Muscle Tremors
Depression	Irritability	Changes in sleep

We currently accept cash, cards and out of network insurance.

Ask us about our flexible payment options.

Contact Us

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