

DANCING AWAY STRESS – TROPICAL STYLE

AAHPERD National Convention 2012

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Take Steps. Find Balance. Feel Joy.

"Stifling an urge to dance is bad for your health - it rusts your spirit and your hips." ~Adabella Radici

Stress Therapy?

Dance has been used as stress therapy throughout time. Cultures recognized the healing power of dance to regain balance in life. Many oppressed peoples turned to dance as the one activity in their life in which they still kept their sense of cultural identity and dignity. Every other right and freedom could be taken away, but we will still dance.

Step One - Take Steps.

Get in Sync with Your Surroundings....find a buddy who knows:

Shuffle _____

Macarena _____

Salsa _____

Reggae _____

Cha Cha _____

Chronic Stress causes equilibrium to feel out of sync with our surroundings or off-balance

The result? **You've Got Two Left Feet!**

Fight or Flight Response kicks in and increases: heart rate, blood pressure, muscular tension, mental fragmentation, irritability and/or depression. Body is in survival mode.

Step Two – Find Balance

Our lives and our students' lives are full of chronic stress. How can they learn when they are in survival mode? What's causing chronic stress?

Chronic Stress Causes

1. _____
2. _____
3. _____

Managing chronic stress means creating rituals that allow students (and ourselves) to regain Balance.

Step Three – Feel Joy!

Want more joy and energy in your students? Engage in STRESS THERAPY - activities that reduce stress and provide meaningful balance.

1. _____ and Follow
2. Give and _____
3. _____ and save

It takes _____ to dance through life with dignity and grace.

Introducing "The Circle of Balance"

What Is Your Performance Style?

We each have styles we prefer during stress



Pictures = 1K words

Dance = 1 million words

Live Balanced! With Abundance!

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