

# 2009 BHE Class Descriptions

## **Pathways to Stress Reduction Overview**

Are you feeling overwhelmed? Does your stomach cramp when you get nervous? Do you get headaches? Is stress keeping you up at night? If so, come to this class to learn how your thoughts and emotions can affect your physical well-being. We'll help you identify your sources of stress and discuss how your mental state is affecting your body. You'll learn a simple technique to help you relax. This class also provides an overview of available mind-body classes so you can choose the ones that are best for you.

- Single session
- Open to the community; no fee
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

## **Managing Anger Overview**

When is anger a problem? Anger is a warning signal that something needs our attention. It is what we do in response to angry feelings that can be helpful or hurtful. Learn about the cycle of anger and the goals of the multi-session class. This overview is required before attending the Managing Anger series. An overview is held a week prior to the multi-session class. This class does not meet the requirements of court-ordered anger management programs.

- Single session
- Open to the community; no fee
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

## **Managing Anger (multi-session)**

Are you having trouble managing anger? Is your anger coming out in ways that are causing problems at home, with friends, or at work? There are healthy ways to deal with anger. Join this series and learn to identify what triggers your anger, develop communication skills, and practice new ways to respond before your emotions overcome you. **Note:** Attendance at a "Managing Anger Overview" class is required. This class does not meet the requirements of court-ordered anger management programs.

- Eight weekly 2-hour sessions
- \$75 members; \$160 nonmembers
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

## **Understanding Your Anxiety Overview**

Do you sometimes feel overwhelmed by worries and "what ifs"? Do you feel anxious and fearful about things that have yet to happen? If you do, join this overview class and explore the types and causes of anxiety, including fear and panic attacks. You'll learn to identify your anxiety triggers and find out about resources and treatment options, including self-care techniques. Friends and family welcome.

- Single session
- Open to the community; no fee
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

*Class is also available in Spanish. See Los Nervios.*

# 2009 BHE Class Descriptions

## **Understanding Your Anxiety (multi-session)**

In this series, you will learn about the different causes of anxiety and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms. We'll discuss what happens to the brain when it responds to a perceived threat and what physical symptoms you may feel. We'll help you explore your thoughts and compare your fears with the facts of a situation. You'll also learn techniques to relax, reduce your response to triggers, and think and act assertively. We recommend that you complete the "Understanding Your Anxiety Overview" class before taking this class.

- Eight weekly 2-hour sessions - \$75 members; \$125 nonmembers (Oakland)
- Six weekly 2-hour sessions - \$55 members; 100 nonmembers (Richmond)
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

## **Couples Communication Skills**

Learning how to communicate effectively is an ongoing process that requires skill even in the best of relationships. Problems in relationships are not the issue. The important thing is how we deal with them. Learn more effective ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. You'll learn problem solving techniques and how to enjoy being together more. All couples welcome. Classes specifically for same-sex couples are available in Oakland. Only one member of a couple needs to be a member for the member rate.

- Six weekly 2-hour sessions
- \$85 members (per couple); \$160 nonmembers (per couple)
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Psychiatry at **(510) 307-1591**

## **Managing Depression Overview**

Are you losing interest in favorite activities, having trouble getting a good night's sleep, or feeling down and don't know why? You may be suffering from depression, a common treatable illness that affects more than 19 million Americans. Most who seek help find ways to feel better. Join this overview to learn about depression, how it starts, what resources are available, and what you can do to feel better. Friends and family welcome.

- Single session
- Open to the community; no fee
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

*Class is also available in Spanish. See Los Nervios.*

## **Managing Depression (multi-session)**

Depression is more than just moodiness or occasional sadness. Many people struggle with it on a daily basis. Learn to recognize the signs of depression, practice simple relaxation techniques, and develop your own self-management plan. We recommend that you complete the "Managing Depression Overview" class before taking this class.

- Eight weekly 2-hour sessions
- No fee for members; \$125 nonmembers
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

# 2009 BHE Class Descriptions

## **Yoga for Depression (multi-session)**

We know we can relax our bodies through our minds, meditation, or relaxation exercises. We can also relax and enliven our minds and moods through our body. Yoga helps us relax, become more flexible, and build strength. This class is for any level of practitioner, from total beginner to the more experienced. The sessions will consist of brief discussion (share if you'd like), simple poses and stretches, and guided breathing exercises.

We will also encourage a personal journal to document your experiences for yourself.

- Eight weekly 2-hour sessions - \$75 members; \$125 nonmembers (Oakland)
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**

## **Los Nervios**

Se presentará información básica sobre los problemas de "los nervios" que pueden afectar su salud física, mental, emocional y el bienestar de su familia. Se dará información sobre los síntomas, las causas y los tratamientos para aliviar la depresión y la ansiedad.

- Una sola clase la semana antes "Meditación Para Su Salud"  
Jueves, 3:30 pm – 5:30 pm (Oakland schedule)
- Gratis para los miembros de Kaiser Permanente y para el público
- Para registrarse en Oakland, llame al (510) 752-6805
- Para registrarse Richmond, llame al (510) 307-2323

## **Meditación Para Su Salud**

Este programa, de 8 semanas de duración, está diseñado para personas interesadas en obtener entrenamiento de meditación. La práctica regular de la meditación puede tener un efecto positivo sobre su salud física y emocional. La meditación le puede ayudar a combatir problemas como el dolor físico, el insomnio, la tensión nerviosa y la depresión, entre otros.

- Una sesión de 4 semanas; dos horas por semana
- Jueves, 3:30-5:30 PM (Oakland schedule)
- Gratis para los miembros de Kaiser Permanente y para el público
- Para registrarse en Oakland, llame al (510) 752-6805
- Para registrarse Richmond, llame al (510) 307-2323

## **Mind-Body Medicine for Stress**

Medical science has made amazing discoveries about how emotions, thoughts, and behaviors can impact physical symptoms and affect our health. Understanding this "mind-body connection" can be the first step to managing your daily stress and feeling better mentally and physically. In this series, you'll learn to recognize the sources of stress in your life and how to manage stress-related symptoms and illnesses. You'll learn ways to relax and develop healthy lifestyle habits to enhance pleasure and improve self-care.

- Eight weekly 2-hour sessions
- No fee for members; \$125 nonmembers
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

*Class is also available in Spanish. See Meditación Para Su Salud.*

## **Mindfulness-Based Stress Reduction**

Get back in your body and gain perspective by practicing mindfulness meditation and gentle movement. These methods can help you manage stress, chronic pain, illness, anxiety, and depression. You are welcome to attend the free orientation offered the week before the series begins. Attendance at the orientation does not guarantee a space in the 8-week series.

- Overview; eight weekly sessions and retreat
- \$95 members; \$170 nonmembers (price includes retreat)
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**

# 2009 BHE Class Descriptions

## **Overcoming Overeating**

Practice mindfulness and become aware of your triggers. Use food and body image exercises to explore food use and abuse. Begin to make peace with food and form new decisions on the role you give food in your life. This class is designed for adults with compulsive overeating and body image issues.

- Eight weekly 2-hour sessions
- \$75 members; \$125 nonmembers
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**

## **Sleep Better: Mastering Insomnia**

Missing a good night's rest? Learn about different types of sleep problems and non-drug approaches to sleeping better. Cost includes a relaxation CD specifically for sleep problems.

- Three weekly 2-hour sessions
- \$35 members; \$55 nonmembers
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**

## **Relaxation**

Looking for a stress buster? Come to this soothing, weekly drop-in session to explore a range of relaxation practices, from the familiar to the creative. Experience how movement, stretching, and other techniques can calm anxiety and renew your mind, body, and spirit.

- Single session
- Members only; no fee
- **Richmond:** Call Health Education at **(510) 307-2210**

## **Healthy Beats Drumming**

Did you know that drumming has been scientifically shown to boost the immune system? Join us every Wednesday to help reduce your stress level and express your feelings without words. No drumming skills required.

- Four sessions, 2nd and 4th Saturdays for two months
- Open to the community; no fee
- **Richmond:** Call Health Education at **(510) 307-2210**

## Flexibility and Movement Classes

### **Pilates: An Introduction**

Strengthen your core muscles in the back and abdomen as the basis for overall flexibility and strength. Develop your breath, balance, and power. This is a mat-based class.

- Eight weekly 1-hour sessions
- \$60 members (\$10 drop-in for first class only); \$85 nonmembers (\$12 drop-in for first class only)
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**

### **Qigong for Health**

Qigong uses a series of movements to open the acupuncture meridians. Learn warm-up exercises, acupressure, massage, and meditation. Take both Part A and Part B to get the most out of this course. "Gentle Qigong" is offered for people with chronic pain and other physical limitations.

- Part A: Eight sessions
- Part B: Eight sessions
- \$75 members (per part), \$12 drop-in for first class only; \$150 nonmembers (per part), \$20 drop-in for first class only
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**

# 2009 BHE Class Descriptions

## **Yoga for Health**

Increase your strength, flexibility, and balance through gentle stretching movements. "Gentle Yoga" is offered for people with chronic pain and other physical limitations (Oakland only).

- Eight weekly 1-hour sessions - \$60 members (\$10 drop-in for first class only); \$85 nonmembers (\$12 drop-in for first class only) (Oakland)
- Six weekly 1-hour sessions - \$45 members, \$65 nonmembers (Richmond)
- **Oakland:** Call Behavioral Medicine at **(510) 752-1075**
- **Richmond:** Call Health Education at **(510) 307-2210**