



Join fellow nursing students, via **Zoom**, across the state  
of California for this free Zoom workshop

## **Managing Stress through Somatic Work**

brought to you by CNSA



### **Workshop Overview**

Learn about moving between sympathetic and parasympathetic states & why both are necessary

How to help the nervous system move from one to the other appropriately through experiential practices

**Date: Saturday, April 26th   Time: 10:00 a.m. - 11:00 a.m.   [Registration Link](#)**

**Dr. Sanaz (Sunny) Underwood** is the faculty advisor for Monterey Peninsula College Nursing School CNSA's chapter. She has a PhD in Health Psychology and is a Certified Holistic Life Coach. Her holistic approach for self-care and bereavement support addresses the body, mind, spirit model through mindfulness. **Dr. Sunny leads the meditation segment for the workshop.**



**Prof. Helene Morel** is devoted Mental Health Theory Professor and Clinical Instructor at CNI College and is a Board-Certified Psychiatric-Mental Health Nurse Practitioner based in Newport Beach, California. Founder of *Nurses Love Their Young*, provides mental health support to nursing students and newly graduated nurses **Prof. Morel provides resources for the workshop.**



### **Guest Presenter: Derek Glenn Larson**

Transformed his personal struggles with binge eating disorder and anxiety through the power of somatic work.

Through his business, *A Place to Land Somatics*, Derek offers 1:1 online and in-person somatic + emotional release sessions where participants practice being their authentic human selves, focusing on personal power, boundaries, no's, and healthy giving and receiving.

His work focuses on guiding others toward embodied living and emotional freedom, bringing the nervous system from survival to thrival.

