

# Fossil Creek Farm

introduces

## *Anxiety to Happiness*

A six week programme



**When:** next programme October 11th 2021

(future dates available if demand requires)

**Who is this for:** Anyone who is struggling with anxiety

**Outcomes:** Increased happiness, emotional regulation, confidence, a reduction in anxiety, and an improved level of self-love

**How long:** Two hours once a week for six weeks, a total of 12 hours of animal assisted therapy

**Where:** Fossil Creek Farm, 100 Garden Valley Road, Brightwater

**Cost:** \$450.00 (*partial funding available for those who qualify*)

**Contact:** Jude at [Fossilcreekfarm11@gmail.com](mailto:Fossilcreekfarm11@gmail.com)

## What can I expect each week?

**1<sup>st</sup> Week** Introduction and induction to farm life, introduction to the animals and their stories. Kai and introduction to one another

**2<sup>nd</sup> Week** The focus is on relationship building with your chosen animal, the animals' care, their environment and the behaviour needed for both you and the animal to feel safe. Kai and discussion.

**3<sup>rd</sup> Week** After reconnecting with your animals you will be able to initiate activities with them to deepen your bonds together. This will develop trust and understanding between you. You can talk about your dreams, worries and needs with your animal. Kai and discussion

**4<sup>th</sup> Week** The focus will be on being with your animal and its herd in their space. Let the herd observe you wanting nothing from them other than to be with them. Draw, write a poem or a letter to your animal. Share this creation with your animal. Kai and a discussion about the feelings you noticed while with the herd.

**5<sup>th</sup> Week** You will take your animal into a new environment or introduce something new into their environment. Observe your animal and offer comfort if needed, noting how they best like to be comforted. Groom, pat and spend time with your animal and then return them to their natural environment watching their behaviour as they return. Kai and discussion.

**6<sup>th</sup> Week** The last day is focused on celebration and exploring other animals. We will hunt for fossils and take a nature walk. Kai and discussion in top most paddock

