



Snorkeling into healing: A Pre- Conference Reset

In preparation of the "CCAW Out of Bounds Conference", Russell and Myra Strand would like to invite you to an afternoon snorkeling trip for a pre-conference reset.



"The cure for anything is salt water: sweat, tears, or the sea." - Isak Dinesen

Register today!

Sept 27, 2026 | 12:00-4:00

Join us for a CCAW exclusive snorkeling adventure to:

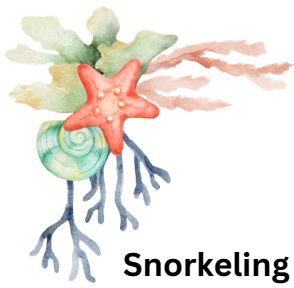
Turtle Grass Flats

\$55.00 per person | Limited boat seats: Register today!



AMERICAN DIVING

SOUTH PADRE ISLAND, TEXAS



Snorkeling and Its Benefits for Your Nervous System

Snorkeling provides a captivating and immersive experience that can positively influence your nervous system, helping to restore balance and promote relaxation in several ways:

Stimulating the Parasympathetic Nervous System: Immersion in water, especially cold water, can trigger the mammalian dive reflex, which activates the parasympathetic nervous system (PNS). This part of your nervous system governs the "rest and digest" response, leading to reduced stress, a slower heart rate, lowered blood pressure, and an overall feeling of calm. Even splashing cold water on your face can initiate this calming response.

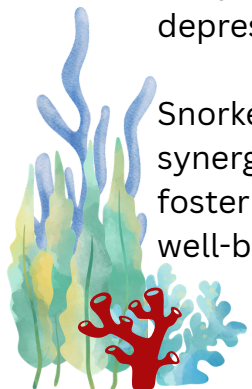
Reconnecting with Nature: Snorkeling allows you to reconnect with the natural world, especially the soothing effects of being in, near, or on water—often referred to as the "blue mind" state. Spending time in natural blue spaces has been shown to lower cortisol levels (the stress hormone) and boost the production of mood-enhancing chemicals like endorphins, serotonin, and oxytocin, which can help alleviate stress and anxiety.

Mindful Breathing and Relaxation: Navigating while snorkeling requires intentional and controlled breathing through the snorkel, similar to breathing techniques used in meditation and yoga. This rhythmic, focused breathing can help calm your nervous system, foster relaxation, and even alleviate chronic pain by stabilizing oxygen flow and blocking disruptive nerve signals.

Sensory Immersion: The underwater environment offers a rich sensory experience—the sensation of weightlessness, gentle currents, muted sounds, and the vibrant marine life—that can be deeply therapeutic. This mindful immersion encourages presence, reduces mental clutter, and promotes a sense of peace and tranquility.

Physical Activity and Mood Boost: Although snorkeling is a low-impact activity, it still promotes physical movement, which stimulates the release of endorphins—your body's natural mood lifters. These chemicals help reduce feelings of anxiety and depression, enhancing overall emotional well-being.

Snorkeling combines physiological and psychological benefits that work synergistically to "reground" and soothe your nervous system. This practice can foster deep relaxation, improve mood, and contribute to a greater sense of overall well-being.



Each participant will receive 2 gifts:

1

Ground your nervous system: A deck of cards to help you self-regulate

These cards were designed specifically for first responders seeking to improve their self-regulation skills, enhance their co-regulation abilities, and learn techniques for de-escalation, all while assisting clients in finding stability and grounding.



2

Trauma- Informed Scuba

A Booklet on the connection between Post-Traumatic Growth and Scuba



A Certified Catfish Snorkler T-Shirt

NOTE: If you want a t-shirt, you must register by Sept. 11 to account for shirt production.



3

On the day of the trip:

- ▶It is recommended that you wear rash guard
- ▶Feel free to bring snacks- but no glass.
- ▶American Diving will provide mask, snorkel and fins.
- ▶You can also bring your own if you like.
- ▶Please use coral safe sunscreen.
- ▶We will meet at American Dive at noon

Put this address into your map:

1 Padre Blvd, 33330 State Park Rd HWY 100,
South Padre Island, TX 78597

(NOTE: This is the restaurant to the **SEA RANCH MARINA** Restaurant, once there look for American Dive shop which is right behind the restaurant. Look for the red and white scuba flag:

