

Retrain your Brain...

Anxiety is very amenable to mindfulness training and breathwork.

Mindfulness-Based Stress Reduction is a class specifically designed to help you reduce your stress and become more comfortable in your body.

These specialized classes were developed at the University of Massachusetts Stress Reduction Clinic



in Worcester and are now taught at over 240 locations around the country.

Storm clouds lifting over Cape Cod... Breathwork is a specialized extension of this training.

Wouldn't it be nice to *not* have our buttons pushed? To not have emotional outbursts? To find the peace and calmness to work with crisis situations?

Retrain your brain
for anxiety...

For our very busy minds and our more than rebellious bodies, there is a solution...

Retrain your brain for Anxiety

If any of this is familiar:

- Busy minds...
- What if's...
- Panic attacks
- PTSD
- Stomach problems
- Headache, clenched jaw
- Job or relationship stress
- Anger, fear, sadness...
- Emotional outbursts...

You can regain control...



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RETRAIN YOUR BRAIN FOR ANXIETY

Learn to appreciate life again...

Anxiety

Mindfulness-Based Stress Reduction



Cape Stress
Reduction
& OPTIMAL HEALTH

RETRAIN YOUR BRAIN FOR ANXIETY

Anxiety takes over our lives, often resulting in panic attacks and phobias. We tend to withdraw from activities and become wary of situations, places and people. PTSD brings with it yet another level of intensity and disability.

What is Mindfulness?

We typically have learned to avoid the triggers, steer clear of the troublesome situations and distract ourselves in times of crisis. When this no longer works or we decide we want more, "Mindfulness" is an option. It is paying attention on purpose, moment by moment without judgment.

Learning to be mindful is primarily experiential. The skills of body awareness, mindfulness meditation (scientifically shown to reduce stress), mindful movement (gentle slow stretching), mindful walking, and even mindful eating are developed in class and then practiced at home with the help of guided CDs.

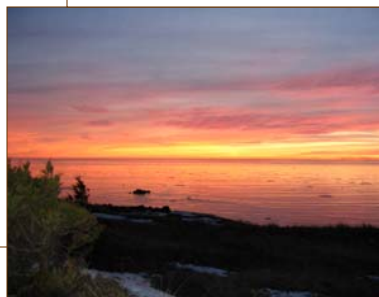
Wow! What an experience. I wish that I had taken something like this sooner. This class was a real eye-opener for me regarding my emotions. I now have an awareness and acceptance of my emotions, but understand I still need to practice. Adam is a wonderful instructor. He is gentle, kind and seems at peace with himself. I really enjoyed his class and look forward to taking more courses in the future. Thanks, Sue B.

How Can it Help?

Learning these skills, we can begin to face those things we so often try to avoid. It allows us the opportunity to see more clearly our own habitual approaches to living, and to begin to make more conscious choices about how we live our lives.

Through these classes we acquire the specific tools we need to work *with* our anxiety, turning toward it instead of running away.

We really can learn how to lead calmer, less fearful and more balanced lives.



Sunset on the Cape

The nonjudgmental and compassionate atmosphere that you created made it easier to understand the causes of my anxiety. You obviously have a wonderful understanding of the process and teach it very well. I've been treated by psychiatrists and a psychologist for general anxiety for twelve years, and made some improvement but progress stopped about four years ago. Your program has me making progress again. I have a much better understanding of my anxiety and good new tools to use. All of this has given me more self-confidence.

Good success with your program – not only for you but also for the sake of folks on the Cape who can certainly benefit from your excellent course. *Joe F.*

The class includes 29 hours of class time over 8 weeks, a Practice Manual and audio CDs.

Please contact Adam to learn more how this approach can ease *your* anxiety.

For more information, fees, and current class schedules call or e-mail Adam Liss.

Adam Liss has a BA from Amherst College and has been teaching stress reduction since 1993. He trained in MBSR at the University of Massachusetts Medical Center's Stress Reduction Clinic and Center for Mindfulness.



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