

CAPE STRESS REDUCTION

Learn to appreciate life again...

REDUCE YOUR STRESS, RETRAIN YOUR BRAIN

For our busy minds and our somewhat rebellious bodies, there is a solution...

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.

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

Retrain your brain....

Learn to appreciate life again.

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This class has helped people with:

- Anxiety & panic
- Sleep disturbances
- Job, family or school stress
- Digestive disorders
- High blood pressure
- Headaches
- Heart disease
- Chronic pain
- Cancer

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Mindfulness-Based Stress Reduction allows us to learn how to reduce stress and enhance well-being, increasing energy, enthusiasm and balance.

Mindlessness?

It is easy to explain what “mindlessness” is: It’s getting to the rotary without noticing the road leading up to it, or forgetting where we placed our glasses or our keys, or missing an appointment.

What is Mindfulness?

“Mindfulness” on the other hand is paying attention on purpose, moment by moment without judgment. Learning to be mindful is primarily experiential. The practices of 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. These practices form the core of what becomes a new way of paying attention to how we live. The rest of the instruction works with how we can use these tools to actually ease our stress.

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.

We can then take this mindfulness-based stress reduction practice and integrate it into our daily lives, where it is really needed.

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

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