



Breathin' Easy

A newsletter for Cape Codders interested in reducing their stress

Volume 3 Issue 2

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UPCOMING CLASSES & EVENTS

•Stress Reduction & Relaxation:

An Introduction to Mindfulness, Meditation & Stress Reduction
Marstons Mills Public Library
4 wks. Wednesdays
August 9, 16, 23, 30
6:00-7:30 PM
For more information and to register
Call 508-420-3300
Pre-registration is required.
All proceeds benefit the MMPL.

•Weight Loss & Stress Reduction

4-Week Class
Tuesdays & Fridays
Mornings 9:15-11:45
August 8 – Sept. 1
Combining mindfulness and stress reduction with the South Beach Diet
Call 508-420-3300 for info and to register

•Mindfulness-Based Stress Reduction

Comprehensive Eight Week Class
September 20– Nov. 8
Wednesday Evenings
6-8:30 PM at the Radisson in Hyannis.
Call 508-420-3300 for info and to register .

- Get all the up-to-date information on classes at our website.

Check out the article about our classes in the Summer issue of Cape Healing Arts Magazine!

Crisis Management

It was one heck of a day. It started with a 7 AM trip to the hospital with my 83 year old mother: Nothing like a medical emergency to bring up all our insecurities. Living wills, health care proxies, emergency rooms, and insurance cards are all of a sudden interrupting my daily routine ... not to mention the proverbial elephant in the living room. Is this the beginning of the end? Is this where it all starts to unravel into an endless merry-go-round of diagnoses, treatment options, side effects and eventually a loss so full of impact that it is often glanced at but rarely understood? This is my Mom. Will she be OK?

Off we go to the emergency room arriving before the crowds, as a fresh shift of caring professionals come in to do what they do every day. We're lucky to be seen quickly and by 8:30 we have consulted with a doctor and had blood taken. We've started down the path to healing.

And all around us there is suffering: one woman sobs, her body wracked with pain and her mind filled with the fear of being



Storm Clouds Lifting on the Cape

alone; another asks to be admitted to detox, in obvious withdrawal from drugs; and over in a corner a child cries. Nurses, doctors and patients all contribute to the restrained din; others wait in stoic silence for beds to open up for more extensive treatment.

It's a trying day and I'm not the one who is sick.

But in times of crisis, mindfulness can really pay off...

Control Issues

In crisis there is precious little control. We did know that everybody was working hard to find some very elusive answers.

No hysterics were necessary, no emotional outbursts, just being present in each passing moment, relating to each person we were with, one at a time, in an open and honest way. Ultimately we all want the same things: to be heard, understood and respected, to know that our feelings are honored and our needs met.

What becomes clear to me again, was that *first being present with myself* (mindful) helped others to then be present with us. That meant that we could ask intelligent questions, request appropriate clarifications and make reasonable choices. We could participate in the healthcare system, consulting with the experts while taking responsibility for our own healthcare process.

It took some time... Mom went home a few days ago, back on the road to optimum health.



Call me or send an e-mail with any questions, comments, suggestions or complaints. And please visit our website at www.capestressreduction.com. Thanks for paying attention, Adam Liss

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