



Breathin' Easy

A newsletter for Cape Codders interested in reducing their stress

Volume 3 Issue 3

December 2006

UPCOMING
CLASSES &
EVENTS

• **Weight & Stress
Reduction: 8 Wks.**

Good for lowering blood sugar and cholesterol, too.
Thursdays 6-8:30 PM
Jan.4 – Feb.22, 2007
Combining mindfulness and stress reduction with the South Beach or Vegan Diet Call 508-420-3300 for info and to register

• **Weight & Stress
Reduction 4 Wks.**

Good for lowering blood sugar and cholesterol, too.
Tuesdays & Fridays
9:15-11:45 AM
January 5-30, 2007
Combining mindfulness and stress reduction with the South Beach or Vegan Diet Call 508-420-3300 for info and to register

• **Mindfulness-Based
Stress Reduction**

Comprehensive
Eight Week Class
Jan.17– Mar. 7
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.

• **NEW! Download a free audio guided meditation with the new e-newsletter**

Read "Practicing Mindfulness" in the Winter issue of *Cape Healing Arts Magazine!*

Beginning Again

Beginning again: Just the sound of it sometimes makes us feel like a failure. Is it really worth trying again? Maybe it's eating or weight loss, maybe it's cigarettes or drinking, maybe it's work related. Sometimes we ask "What's the use?"

I've been lucky to be involved in some success stories. I ran into a guy the other day who thanked me for three years of being smoke-free. His son is 14 years old now and from the time the boy was 8 until he was 11, all he wanted was for his father to quit smoking. It took those three years of trying over and over again for the grown-up to figure out how to do what his son so desperately wanted of him. In that period of trying over and over again, the grown-up learned



Sunrise over Shubael's Pond

that it isn't just an rational exercise or decision; it's emotional, and very much physical, and something else too that is less easily defined.

Tips for succeeding at the New Year's Resolution Game:

1. Make it yours: even if someone else wants it, figure out why it is important to you. Write down the pros and cons of the behavior and don't skip on the reasons you might still like it, even though it is unhealthy overall. It's important to get all the cards on the table, mental, emotional, physical and even spiritual. Once you have an even-handed view of the benefits and risks, make a conscious decision to change the behavior.
2. Write it down: write down the decision with your best attempt to put into words why you are choosing to change, and why now. You'll want to review this when times are tough. Think about how to phrase it for the part of you that *doesn't* want to change. Let it be emotional and to the point; imagine it as a short-hand reminder of the big picture.
3. Be realistic: Losing 100 pounds starts with burning off the first 10. Achieve the first phase and then reset your goal for the next one.
4. Get help & support: people who work with a support group or counseling have higher rates of success in changing behaviors.
5. Prepare well: track your behavior for a couple work days and couple non-work days. Write down times, places, mind-states, and emotions present just preceding the behavior. List these triggers for the behavior and create alternatives for each time and situation. Be ready for the reality of your life.
6. Be willing to falter: people who don't succeed the first couple of times learn from their attempts and put that new knowledge to good use the next time. We only fail when we stop trying
7. Accept yourself as you are: I may not like a certain *behavior* of mine, but I can accept *myself* as I am, and that I am doing the best I can at any given moment. That's fertile ground for allowing new healthier behaviors to become firmly established.
8. Commit to starting again: those who succeed in changing behavior don't accept setbacks as proof of failure. The trick is to get right back on the horse not waiting for the sting of the "perceived" failure to wear off. They commit to beginning again just as the sun rises each morning and the year begins anew each January.



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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retrain your brain and your body...

An integrated approach to regain control of your health

Lower your blood sugar Reduce your cholesterol

Day and evening classes available

Retrain your brain and your body... with this mindfulness class that can support you in working with the South Beach or Vegan diet, reduce your stress and enhance your wellbeing. Get healthy. Feel good about yourself again...



Pre-registration required. Call Adam Liss for more information 508.420.3300

This class can help you:

- get started quickly
- stay focused
- ease emotional eating
- improve digestion
- reduce your stress
- get back in control and be gentle with yourself...

Call now to register

- **Retrain your Brain and your Body**
*Lower blood sugar and cholesterol
Reduce weight and stress*
- **Inside this issue:**
Beginning again: a New Year's Resolution
- Switch to our new e-newsletter & download a **free 5 minute guided audio meditation.**
Save paper and energy.
Go to the web site and click on "e-newsletter"

www.capestressreduction.com



Combination Weight & Stress Reduction: January 4th

This is a combination weight reduction and "Retrain your Brain" class. We will meet Thursday evenings from 6:00-8:30 for 8 weeks for a total of 21 hours of class time at the Hyannis Radisson Hotel, perfectly timed for those New Year's Resolutions. Call for information. Class size will be limited to 18. Pre-registration is required.

Comprehensive 8-Wk Stress Reduction Class: Jan. 17th

The first evening class this year starts Wednesday, Jan. 17th and finishes up March 7th at the Radisson Hotel in Hyannis. This is the Mindfulness-Based Stress Reduction class that was developed and is still taught at the Center for Mindfulness at the University of Massachusetts Medical Center in Worcester. Space is limited and payment options are available.