



Breathin' Easy

A newsletter for Cape Codders interested in reducing their stress

Volume 4 Issue 1

January 2007

UPCOMING CLASSES & EVENTS

• Mindfulness-Based Stress Reduction

Comprehensive Eight Week Class
Jan. 17– Mar. 7
Wednesday Evenings
6-8:30 PM at the Radisson in Hyannis.
All-day class Feb. 24
Call for info and to register .

• Mindful Eating and Relaxation

Morning Workshop
Sat. Feb. 10 — \$35
9:00-11:30 AM at the West Barnstable Community Building.
Call us to register .

• Emotional Intelligence

Afternoon Workshop
Sat. Feb. 10 — \$45
1:00-4:00 PM at the West Barnstable Community Building.
Call us to register .

• Weight & Stress Reduction: 8 Wks.

Good for lowering blood sugar and cholesterol, too.
Wednesdays 6-9 PM
Apr. 11- May 30, 2007
Combining mindfulness and stress reduction with the South Beach or Vegan Diet Call us for info and to register

• Get up-to-date info 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!

My life is sooo busy!

Among the many types of people there are two that stand out for me right now: those that have a hard time "getting going" and those that have a hard time "slowing down."

Sometimes our lives are so busy that we have a hard time getting started. There are just too many things to do to even pick one; we're overloaded. As a result, we procrastinate or putter around or just spin our wheels, unable to get started on what seems to be an ever-growing "to do" list. No matter where we start, there will never be enough time or energy to complete what needs to be done.

Then there are those of us who are trying to fit 25 hours into a 24 hour day. We're "burning the candle at both ends," not getting enough sleep, eating right or getting enough exercise,



Berries in Winter

or not getting enough down-time. There are too many things to do to stop now: the kids, the job, the ailing family member, the house, the yard.

What to do? A two pronged approach

We could take the two pronged approach outlined in Jon Kabat-Zinn's Full Catastrophe Living:

The problem based solution is one that we know from time management skills. Prioritize the list on the basis of importance, deadline dates, cost benefit, or some other rating scheme. Then start picking away at it, scheduling tasks, assigning resources, delegating responsibility, or deleting the unnecessary. Unfortunately though, there is often something else that prevents this kind of rational break-it-down-into-bite-size-pieces approach from working on its own. Enter prong number two.

The emotion based solution works directly with the part of the puzzle that's not necessarily amenable to logical analysis. Here we find ourselves learning how to work with awareness of emotions.

Emotions grow out of different parts of our neuro-circuitry than logical thinking: evolutionarily older parts of the brain that are responsible both for fast-acting reactions to threats to survival, and for the propagation of the species. To get a handle on this takes learning new skills. Practicing awareness of our emotions helps us to be mindful of them at subtler levels of expres-

sion. This can enable us to work earlier in the process with reactions that can otherwise multiply and, as Daniel Goleman popularized in Emotional Intelligence, "emotionally hijack us." This leads us to, among other things, emotional outbursts, resentment, over-eating, or to what started us in this discussion--can't stop running or can't get started.

To begin, we choose to pay attention to the quieter parts of ourselves. We might stop to see the sunset, notice the berries even in winter, or listen purposefully to the sound of the wind in the trees. These can bring a quiet sense of gratitude and joy. Then we can attempt to let minor disappointment and irritability be present, perhaps aware of the body's subtle reactions to these too. Acknowledging and accepting these nascent emotions can give us the confidence to later work more skillfully with their more intense cousins.

This gentle approach to awareness can grow to allow more insight into our habitual patterns of behavior. Distinguishing the deeper drives that hold us hostage in any of these reactive scenarios can lead us to choose more deliberate *and different* actions whether in getting started *or* slowing down.



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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Cape
Stress
Reduction

Box 1000, Marstons Mills, MA 02648

retrain your brain and your body...

A comprehensive eight week stress reduction class

Retrain Your Brain Reduce your Stress

Next class starts Jan. 17th

Mindfulness-based stress reduction allows you to learn how to reduce stress and enhance well-being, increasing energy, enthusiasm and balance. When stress is the problem, this is the answer.

Retrain your brain. Learn to appreciate life again.



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Reduction

This class has helped people with:

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

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

- **Retrain your Brain and your Body**
*Lower blood sugar and cholesterol
Reduce weight and stress*
- *Inside this issue: My life is so busy!*
- 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



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.

Combination Weight & Stress Reduction: April 1th

This is a combination weight reduction and “Retrain your Brain” class. We will meet Wednesday evenings from 6:00–9:00 for 8 weeks for a total of 24 hours of class time at the Hyannis Radisson Hotel, for those thinking ahead to summer. Call for information. Class size will be limited to 18. Pre-registration is required.