



Breathin' Easy

A newsletter for Cape Codders interested in reducing their stress

Volume 3 Issue 1

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UPCOMING EVENTS

•Stress Reduction & Relaxation:

*An Introduction to
Mindfulness,
Meditation &
Stress Reduction*
Cape Cod YMCA
4 wks. Mondays
June 26 - July 17
7:30-8:30 PM
More information?
Call 508-420-3300
To register call:
508-362-6500

•Mindfulness-Based Stress Reduction

Comprehensive
8-Week Class
Tuesday Evenings
July 11– Aug. 29
Comprehensive
mindfulness and
stress reduction
class in Hyannis at the
Radisson Hotel. Call
508-420-3300 for info
and to register

•Mindfulness-Based Stress Reduction

Comprehensive
Eight Week Class
Wednesday Evenings
September 20– Nov. 8
Comprehensive
mindfulness and
stress reduction
class in Hyannis at the
Radisson Hotel. Call
508-420-3300 for info
and to register

- Get all the up-to-date information on up-coming events at our website

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

Multi-Tasking

Multi-tasking is both a blessing and a curse. In our take-it-with-you-everywhere culture we find our various priorities all competing for attention: working on several projects at once; or taking care of the housework while watching the kids and talking on the phone; or answering e-mail, watching the news and eating breakfast; or driving, listening to the radio, drinking a cup of coffee and planning your day; or any of these things *and* fretting about the past or worrying about the future.

We do it all. In fact we're so practiced at multi-tasking it's virtually automatic. Ask anyone, multi-tasking is a valuable skill... until it gets out of control. Where did I put my keys, my glasses, my coffee, that fax!? We forget what we've just been told, we miss an appointment, or we listen for the weather on the radio only to realize we missed it because we couldn't stay focused long enough to make it through the commercial. We're so good at multi-tasking we can "do it in our sleep." In fact we

Mono-Tasking

The challenge is to bring awareness to how we act. Sometimes it's not only less stressful (and healthier) to focus on just one thing at a time, it is more effective too.

While out-of-control multi-tasking can actually trigger a stress reaction, focusing "one-pointedly" can allow us to bring more of our resources to bear on the task at hand. Getting good at this "mono-tasking" can be a way to create more ease in our lives, often accomplishing just as much. So, the next



Sunset on the Cape (download this pic from the website)

actually *do* multi-task in our sleep!! Some sleep medications advertise that their active ingredient will help you tame that "restless mind" in order to get a good night's sleep. How? By correcting a chemical imbalance that is responsible for insomnia. These are the same chemicals that are produced by the body when reacting to stress! But out of control multi-tasking can trigger stress reactions in the body that lead not only to insomnia, but also to headaches, muscle tension and all kinds of digestive upset too.

So what's the answer?

time you're multi-tasking and starting to feel that familiar stressed-out feeling, give "mono-tasking" a try and see how it works. As with everything, the more we practice, the better our skills. Give it a chance. You can always ask for help. Overwhelm can then begin to recede into the past and a more peaceful present moment can come into focus.

And it is important to remember to frequently take even just a few moments to smell the roses and savor the sunset.

Call, visit the website www.capestressreduction.com, e-mail or write us with any questions, comments, suggestions or complaints. Thanks for paying attention...

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