



cayenne

wellness center and children's foundation

A Quarterly Newsletter

Issue No 3 - Fall 2008

20 ways to eliminate stress from your life :: Part 1 of a 2 part series

Healthier employees require less medical care and have lower health benefit costs. To maintain benefit costs an increase employee satisfaction, it is essential to implement and endorse a successful health promotion program

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Simplicity, simplicity, simplicity :: Part 1 of a 2 part series

Millions of Americans struggle each year with obesity. Because group support is vital to successful weight loss and adults spend most of their day in the office, the workplace is the perfect setting to promote lasting lifestyle changes.

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Quote:

"Three Rules of Work: Out of clutter find simplicity; From discord find harmony; In the middle of difficulty lies opportunity." - Albert Einstein



20 ways to eliminate stress from your life

You often see articles on ways to unwind and relax after a stressful day, but the most important advice would be to get to the source of the problem and cut stress out before it even happens. By careful editing your life, and changing certain habits, you can eliminate most (not all) sources of stress in your life.

What is stress?

Stress is your body's way of responding to any kind of demand or challenges in life. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their

bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. Most of the stress in our lives is unnecessary and can be eliminated by taking some simple (and some not-so-simple) steps. Though it can't be accomplished overnight, know that it is a worthwhile goal and the end result will lead to optimum mental health.

Here are the first 10 ways to eliminate stress:

1. *Identify stressors.* This is the most important step of all, as identifying the things that stress you out in your life is the first step towards eliminating them. Take 10 minutes to think about what stresses you out during the day. What weekly occurrences stress you out? What people,

activities, things cause stress in your life? Make a Top 10 list, and see which of them can be eliminated, and start to weed them out. For those that can't, find ways to make them less stressful.

2. *Eliminate unnecessary commitments.* We all have many commitments in our life, starting with work but also including commitments related to kids, our spouses, things to do at home, other family, civic, side work, religious, hobbies, online activities and more. Consider each of them, the amount of stress they provide, and the value you get out of them. Edit brutally, and take steps today to remove the ones that stress you out the most.

3. *Procrastination.* We all do this, of course. But allowing stuff to pile up will stress us out. Find ways to take care of stuff now (form a Do It Now habit) and keep your inbox and desk clear.

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Simplicity, simplicity, simplicity (Part 1 of 2)

Over half of Americans feel they don't have enough time to do what they really want. They feel as though they'll never catch up, that life is passing them by—or running them over. If you're like most Americans, your days are probably scheduled down to the last minute: rush to the grocery store, pick up the children or grandchildren, take care of an elderly parent or neighbor, make dinner, and then begin plotting the next day's agenda.

Does this sound like you? Do you feel that advanced technology is ruling your life? You are not alone.

Simplicity is all about streamlining your life. It involves freeing your time, money, and energy so that you can pay more attention to what is important to you. Living a simple life has a different meaning and a different value for every person. First and foremost, you must come up with your own idea of what simple living means to you.

In his book *Voluntary Simplicity* (1993), Duane Elgin notes that people who choose a simple life tend to:

- invest the time and energy freed up by simpler living in activities with their partner, children, and friends (for example, walking, making music together, sharing a meal, or camping)
- work on developing the full spectrum of their potential: physical (running, biking, hiking, and so on), emotional (learning the skills of intimacy and sharing feelings in important

relationships), mental (engaging in lifelong learning by reading and taking classes), and spiritual (learning to move through life with a quiet mind and compassionate heart)

- feel and intimate connection with the earth and a reverence for nature
- feel a compassionate concern for the world's poor
- lower their overall level of personal consumption - buying less clothing, for example, with more attention to what is functional, durable, and aesthetic, and less concern with passing fads, fashions, and seasonal styles
- alter their patterns of consumption in favor of products that are durable, easy to repair, nonpolluting in their manufacture and use, energy efficient, functional, and aesthetic.
- shift their diet away from highly processed foods, meat and sugar, towards foods that are more natural, healthy and simple
- reduce undue clutter and complexity by giving away or selling those possessions that are seldom used and could be used productively by others (clothing, books, furniture, appliances, tools, and so on)
- recycle metal, glass, and paper and cut back on consumption of items that are wasteful of nonrenewable resources
- prefer smaller-scale, more human-sized living and working environments that foster a sense of community, face-to-face contact, and mutual caring

- participate in holistic health-care practices that emphasize preventive medicine and the healing powers of the body when assisted by the mind
- change transportation modes in favor of public transit, carpooling, smaller and more fuel efficient autos, living closer to work, riding a bike, and walking

Some ways to simplify.

- Downsize your space and expand your comfort.
- Reduce the clutter and stop incoming junk. Clean out your home and office. Carry a smaller purse or wallet by getting rid of items you don't use regularly. Don't keep what you don't need. Everything you own costs you. It costs money to get stuff, space to store it, energy to transport it, and your attention to deal with it. By having only the items that you need, you'll gain a significant cost savings by avoiding the money, space, and energy costs of clutter.
- Reduce your commute, or if you must commute, try carpooling, public transit, riding a bike, or drive a more energy efficient car.
- Reduce your exposure to TV and rebuild a deeper connection with nature, others or yourself. From the perspective of your personal time, a television set is a loser. Unless your dream is to become a television critic, watching television uses time you could otherwise spend with people or use to follow your dream. A television clutters your attention. Ask yourself, "Is television advancing my dream?"

20 ways to eliminate stress :: Part 1 of a 2 part series (continued)

4. *Disorganization.* We're all disorganized to some extent. Even if we've organized something, and created a great system for keeping it that way, things tend to move towards chaos over time. But disorganization stresses us out, in terms of visual clutter, and in making it difficult to find stuff we need. Take time to get things in your life organized, starting with your desk and the papers in your home, and moving on to other areas.

5. *Late.* Being late always stresses us out. We have to rush to get ready, rush to get there, and stress out the whole time about looking bad and being late. Learn the habit of being early, and this stress disappears. Make a conscious effort to start getting ready earlier, and to leave earlier. This also makes driving less stressful. Time yourself to see how long it actually takes to get ready, and how long it actually takes to get somewhere. You've probably been underestimating these times. Once you know these times, you can plan backwards so that you show up 10 minutes early each time. It's a good feeling.

6. *Controlling.* We are not the Master of this Universe. I know we sometimes wish we were, but acting as if we are is a sure way to get stressed out. Trying to control situations and people cannot work, and only serves to increase our anxiety when it doesn't work. Learn to let go, and accept the way that other people do things, and accept what happens in different situations. The only thing you can control is yourself — work on that before you consider trying to control the world. Also

learn to separate yourself from tasks and to delegate them. Learning to let go of our need to control others and the situations around us is a major step towards eliminating stress.

7. *Multitasking.* Having multiple tasks going on at the same time might seem productive, but in actuality it slows us down from actually focusing on a task and completing it — and it stresses us out in the meantime.

8. *Eliminate energy drains.* If you've analyzed your life (in Step 1) and found things that stress you out, you might have also noticed things that drain your energy. Certain things in our life just cause us to be more exhausted than others, with less value. Identify them, and cut them out. You'll have much more energy and much less stress. Happiness ensues.

9. *Simplify life.* Simplify your routines, your commitments, your information intake, your cluttered rooms, the mass of stuff going on in your life ... and have less stress as a result. See article on page 2.

10. *Un-schedule.* Create more open periods of time in your life. It's not necessary to schedule every minute of our lives. Learn to keep wide open blocks of time where we either work on our important tasks or batch process the smaller ones. When someone asks to schedule a meeting, first try to get it done through email or phone ... if that doesn't work, and you have to schedule it, give yourself plenty of time. . You will love having an open schedule.

Annual Fee Schedule for the EAP Health and Wellness Corporate Program

Peace Plan: The cost of your annual membership is \$1,800.00. This includes receiving our quarterly newsletter, and a Cayenne Wellness Center professional presenting a health and wellness seminar twice a year to your employees at your office. With the Peace Plan, we will provide your employees emotional support for a wide range of personal and work-related problems that may otherwise interfere with their daily lives. A total of twelve sessions are available to your staff, either at our Glendale office or at yours.

Joy Plan: The cost of your annual membership is \$3,240.00 (a 10% savings) and would include all of the above, offering 24 (instead of 12) psychotherapy sessions to your staff, either at our Glendale office or at yours.

Happiness Plan: The cost of your annual membership is \$4,860.00 (a 10% savings) and would include all of the above, offering 36 psychotherapy sessions to your staff, either at our Glendale office or at yours.

¹ Each plan consists of a minimum number of sessions available throughout the year. Contact us if you wish to purchase more sessions for your employees.

Cayenne Wellness Center and Children's Foundation (a non profit organization) mission statement reads:

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.