



cayenne

wellness center and children's foundation

A Quarterly Newsletter

Issue No 7 - Fall 2009

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

The most important thing to realize when managing stress is that using a crutch, or a short-term solution, will not help you eliminate stress from your life. Learn to identify the problem. As well, we offer ten more ways to reduce stress from your life.

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Calendar of Events

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

Simplicity is harmonious. Even Leonardo Da Vinci said "simplicity is the ultimate sophistication." So why is it hard to achieve? Join us for additional ways to beat the consumerism blues.

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Cayenne Wellness Center

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URL: www.cayennewellness.org
Open Sunday - Friday by appointment only

Quote:

"Simplicity of the nature of great souls."
Unknown



20 ways to eliminate stress from your life

In Issue No. 3, Fall 2008, we presented the definition of stress and the first 10 ways to reduce stress. Here are the remaining ways (11 - 20) towards creating a more peaceful existence.

Identify the problem.

Identify exactly what is causing the stress. Stress is not really caused by things like "not enough time," and "annoying people." Yes, those two things, and others like them, can often be used to describe the type of things that cause stress, but are not the underlying problem. Be specific when you identify the true problem. Perhaps "not

enough time" truly translates into lack of organization, or lack of help with housework, or the kids involved in too many activities. Perhaps "annoying people" really means that your boss is unfair, or customer service is not the job for you.

Next, figure out if you can eliminate the cause of stress. You can certainly become more organized, enlist family to help with housework, or make the kids cut down on activities. You might not be able to change bosses without losing your job, and perhaps doing customer service is really only part of a job you otherwise enjoy.

Make a plan to eliminate stress (see below). Learning to manage and eliminating stress is a lot more important than finding ways to mask it.

Here are ways 11 - 20 towards eliminating stress:

11. *Un-schedule.* Create more open periods of time in your life. It's not necessary to

schedule every minute of our lives. Learn to avoid meetings, 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, avoid having it scheduled. Ask them to call you and see if you're free at that time. You will love having an open schedule.

12. *Slow down.* Instead of rushing through life, learn to take things slow. Enjoy your food, enjoy the people around you, enjoy nature. This step alone can save tons of stress.

13. *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 2 of 2)

Simplicity is harmonious. Even Leonardo Da Vinci said "simplicity is the ultimate sophistication." So why does it seem near impossible to achieve it? We continue our series with saying goodbye to patterns that make us attach ourselves to 'things' and saying hello to new patterns that will attract harmony, peace and simplicity.

As we said in our previous newsletter, simplicity is all about streamlining your life. Charles Mingus said, "Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity." Yet, we all have a tendency to think that more is somehow better.

Advertisers do a fantastic job of wanting us to be skinny, yet pushing a lot of processed food. They push a 'livin' large' attitude towards where we live and how we dress not only via magazines and billboards but through the television shows you watch week after week. Though it may seem challenging to compete with these subliminal messages, we invite you to become more conscious of every decision - to change the patterns of being a consumer to being a producer and creator. By doing so, you choose to live with purpose and tranquility.

Here are a few more ideas to assist you with simplifying your life ...

- create a simplicity statement. What do you want your simple life to look like? Write it out.

- walk more places and drive less. We'd get fitter and use less fossil fuel. We'd have to loosen up our schedules to do this, which would create a more simple existence.

- if you must drive, drive slowly. Most people rush through traffic, honking and getting angry and frustrated and stressed out. And endangering themselves and others in the meantime. Driving slower is not only safer, but it is better on your fuel bill, and can be incredibly peaceful. Give it a try.

- living in smaller houses. Funny, when I was younger, I had designed what I thought was my dream home, which included a master bedroom, a bedroom for each child (we only have one, however, I wanted between 3-5 children), two guest rooms, a library, living room, family room, and the list goes on. We just remodeled our home to be 100% eco-friendly / green and it's only 3 bedrooms and two baths.

- buy less stuff. Because our family is the paragon of 'nerdom', we purchase books and that's about it. We do not have an overabundance of clothes nor shoes nor gadgets. If you can believe it, we do not even own a television.

- eat slower and enjoy your 'real' food more, instead of rushing through meals. It is suggested that we chew our food at least 20 times before swallowing.

- stop our addiction to mobile devices and being connected all the time, so that we can enjoy the pleasure of other people's company without interruptions, or enjoy solitude or a nice quiet walk without being connected. I have a patient

whereby she and her boyfriend text frequently throughout the day. One morning, she texts him, however, he did not reciprocate. It's now 10 am. Her anxiety grew as she did not hear from him. By 2 pm she is frantic and by quitting time, she's angry and has assumed the worse. Needless to say, I strongly suggested to both of them to eliminate or decrease substantially texting one another. Save it for when you really need to reach someone.

- reduce your consumption on advertising. Advertising makes us want things. That's what it's designed to do, and it works. Find ways to reduce your exposure of advertising, whether that's in print, online, broadcast, or elsewhere. You'll want much less.

- always ask "will this simplify my life?" If the answer is no, reconsider.

In summary, I am not saying we should give up technology. Personally, I like connecting to my friends in Kenya, East Africa with a touch of a button called 'send'. What I am saying is that for many, technology has complicated our lives, made us less dependent on one another and can be an open invitation to do more. I think we need to keep the good things that have come with the advances in technology, and throw out the bad, the things that have made our lives worse.

Work towards having a weekend where the family has absolutely nothing to do - no soccer games, no shopping, no driving, no spending money - nothing.

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

Go outside and appreciate the fresh air and the beautiful sky. Talk to someone you like. Life doesn't have to be all about productivity. You should also avoid using online activity too much as your de-stressing activity — get away from the computer to relax.

14. *Relax throughout the day.* It's important to take mini-breaks during your work day. Stop what you're doing, massage your shoulders and neck and head and hands and arms, get up and stretch, walk around, drink some water.

15. *Quit Work.* This one's drastic, and probably too drastic for most. But in most likelihood, your work is your absolute biggest stressor. Getting out of your 9-to-5, automating your income, and finding something you truly love to do, that you're passionate about, will create a positive life and a much less stressful one at that. Give it a little thought before dismissing it — there might be possibilities here you haven't considered.

16. *Simplify your to-do list.* Attempting to do everything on your long to-do list will definitely stress you out. Learn to simplify your to-do list down to the few essential tasks, and you will enjoy the process much more.

17. *Exercise.* This is common advice for stress relief, and that's because it works ... but it's also a stress prevention method. Exercising helps relieve the stress buildup, it gives you some quiet time to contemplate and relax, and just as importantly, it

makes you more fit. A fitter person is better equipped to handle stress. Another important factor: being unhealthy can be a major stressor (especially once you have to go to the hospital), and exercise can help prevent that.

18. *Eat Healthy :: The 3-4-4 way, of course.* This goes hand-in-hand with exercise as a stress prevention method. Become healthier and a major source of stress will disappear.

19. *Be grateful.* This might not be as obvious as some of the others, but developing an attitude of gratitude is a way of thinking positive, eliminating negative thinking from your life, and thereby reducing stress. Learn to be grateful for what you have, for the people in your life, and see it as a gift. With this sort of outlook on life, stress will go down and happiness will go up. That's a winning formula.

20. *Peaceful environment.* Take time to de-clutter your desk (as mentioned previously) and even once you do that, continually edit your desk and working space, and the things in your home, until you've created a simple, peaceful environment. It will be much less stressful to work in an environment like that than a more cluttered and distracting one.

For more information on how Cayenne Wellness Center can support the health, well being and productivity of your employees, contact us at: 818.377.5170 or via email at: info@cayennewellness.com. Thank you.

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.

September / October / November / December 2009

Community Health Programs

Cayenne Wellness Center partners with other health care practitioners, offering community programs and events to assist our neighbors lead healthier lives through wellness education and the prevention of illness and injury.

Women's Health

9th Annual Women's Educational Health Conference and Expo

Friday, October 30 / A full day event
Program and events with information on female-related health issues, available services, and ways to influence health policy.
Cost: FREE

WHERE: Castaway Restaurant
1250 E. Harvard Road • Burbank, CA 91501

To Register: <http://clwomenhealth.org>

Self Esteem

Teens and Self Esteem

Wednesday, October 7 / 5:30 - 7:30 pm
A workshop for teens to help them set realistic goals, celebrate their achievements and to accept and appreciate who they are.
Cost: \$10.00/person

WHERE: InnerSite Building
208 S. Louise Street, Glendale, CA 91205

TO RSVP or for more Info: (818) 551-1501



Find More Online

www.cayennewellness.org/calendar

www.healwithin.com/calendar

Miscarriage

Miscarriage Support Group of Southern California

Thursday, Sept. 10 / 7:00 - 8:30 pm
Cayenne Wellness Center offers a twelve-week therapeutic support group for women who have miscarried or had a still birth. For a copy of this brochure and more information, go to www.cayennewellness.org/Resources/Miscarriage
Cost: \$20/session

WHERE: Cayenne Wellness Center
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 377-5120 or carolyn@gilderfluke.com

Nutrition

Creating Your Ultimate Self: The Body

Wednesday, Oct. 21 / 7:00 - 9:00 pm
Dr. Carolyn Rowley, co-author of *Creating Your Ultimate Self: The Body*, will discuss nutrition and the 3-4-4 Nutritional Method of Eating, followed by a cooking demonstration and book signing.
Cost: Purchase of book (\$20.00)

WHERE: Cayenne Wellness Center
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 377-5120 or amy@gilderfluke.com

Sickle Cell Disease

Sickle Cell Adult Support Group

First Thursday of every month -
Location: Glendale, CA

Last Saturday of every month -
Location: Culver City, CA

Cayenne Wellness Center offers two on-going support group for adults with sickle cell disease.
Cost: FREE

WHERE: Cayenne Wellness Center
208 S. Louise Street, Glendale, CA 91205

FOR MORE INFO: (818) 377-5120 or carolyn@gilderfluke.com

Stress Management

Stress and the Holidays

Wednesday, Nov. 4 / 5:30 - 7:30 pm
HealWithin provides a workshop to beat the holiday blues, stress and anxiety that tend to occur around the holidays.
Cost: \$15.00/person

WHERE: InnerSite Building
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 551-1501

September / October / November / December 2009

Calendar Of Events

Cayenne Wellness Center presents *Healthy Happenings* around town. The Calendar and Community Events exist to help bring as many individuals as possible to the level of nutritional knowledge and action required for achieving and maintaining optimum health.

September, 2009

Sickle Cell Disease Awareness Month, Natl
Library Card Sign Up Month

October, 2009

Breast Cancer Awareness Month, Natl
Celiac Disease Awareness Month
Dental Hygiene Month, Natl

November, 2009

American Indian Heritage Month, Natl
Adoption Month, Natl

December, 2009

Colorectal Cancer Education and Awareness
Month

Brushing your teeth adds years to your life!

1. Brush your teeth long enough to hum Twinkle Twinkle Little Star at least two times.
2. Floss your teeth - everyday.
3. Rinse your mouth with a healthy mouthwash.
4. See your dental hygienist at least twice a year (every 6 months)

Dental Hygiene and Health

Most people are aware that poor dental health can lead to discolored teeth and bad breath. As it turns out, this is the best case scenario. Poor dental health, in particular, not flossing, can lead to other health issues. One, of course, is loss of teeth. If the gums are not stimulated and the plaque is not removed, the gums can become diseased because of the bacteria causing plaque, and cause the teeth to loosen over time.

In addition to this, the bacteria caused by having plaque from left over food in your mouth can seep into your bloodstream. This happens just through the simple process of eating, drinking and swallowing. It turns out that this is the same bacteria that can get into the arteries surrounding the heart, making heart disease a very real concern. It has been noted that people with severe gum disease can have between three to seven times the risk of fatal heart disease. It is simply that the mouth is connected to the rest of the body, and as such, effects the rest of the body's health. A healthy mouth can truly equal a healthy body.

Periodontal disease or, in other words, inflammation of the gums that has reached a point of severity, can also be a factor in a whole group of health issues. The bacteria that seeps into the bloodstream from periodontal issues can not only cause heart disease but also stroke, chronic respiratory disease, pneumonia, diabetes, to name a few. Why - because there is a connection between what goes on in the mouth to what goes on in the rest of the body. Treat and care for your mouth and the rest of your body might have a fighting chance to ward off some of these serious diseases.

A lot of people don't believe in going to the dentist or taking care of their mouth because "nothing hurts". Remember - high blood pressure doesn't hurt either and is the host of many major health concerns. Don't wait till it hurts, a little care today can help to assure you of a long healthy life.

September is ... Sickle Cell Disease Awareness Month

Calendar of Events, 2009

Kick Off Rally for Sickle Cell Disease - Unveil Sickle Cell • August 29, 2009

Edward Vincent Park (formerly Centinela Park), Inglewood, CA

10:00 am - 2:00 pm

Saturdays in September ...

- 5th - Dinner and a Movie
 5 pm- Cultural Affair • 1330 N. LaBrea Ave.
 9 pm Inglewood, CA 90302
- 12th - Brunch with the Experts • Sickle Cell 101
 10 am- The Grand • Long Beach Event Center
 3 pm 4101 E. Willow • Long Beach, CA 90815
- 19th - Adults with SCD talking to Parents of Children
 1 pm- Lecture Hall at the Inglewood Main Library
 4 pm 101 W. Manchester Blvd, Inglewood, CA
- 26th - Meet and Greet Picnic
 11 am- Edward Vincent Park aka Centinela Park
 4 pm 700 Warren Lane, Inglewood, CA

Sundays in September ...

- 13th - Rejoicing Life - Unveiling Sickle Cell
 1st Presbyterian Church
 1809 West Blvd. • L.A., CA 90019
 11:00 am service, Rev. Calvin Moore
- 20th - Educational Session on SCD
 Trinity House Church
 11222 S. Main Street • L.A., CA 90061
 3:00 pm - 5:00 pm

For more information, please call us at 818 377 5120 or 877.288.CURE or email us at amy@gilderfluke.com or go to our website www.scdfc.org

cayenne wellness center & children's foundation

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