

GOOD THINGS TO KNOW

A Decade of News You Can Use!

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10 REASONS TO BANG ON THE DRUM

REDUCE STRESS

BOOST THE IMMUNE SYSTEM

AWAKEN DEEPER SELF-AWARENESS

PROMOTE ALPHA WAVES

RELEASE NEGATIVE FEELINGS

CONNECT WITH SELF AND OTHERS

CONNECT WITH THE NATURAL RHYTHMS AROUND US

ACCESS A HIGHER POWER

GET GROUNDED TO THE PRESENT

REACH A STATE OF SELF-REALIZATION

IT'S FUN

MY FIRST DRUM CIRCLE

1999: Mind-body skepticism was no secret. Tai Chi, too slow, Yoga, too serious, drumming, no thanks. It was at a party where everyone, and I mean *everyone*, was into drumming. I had just found a foreign, object in the baba ghanoush when the drums came out minus any explanation/backstory, I quickly observed a cult-like energy, interrupted my hostess' riff to thank her and split.



Photo from [US Drum Circle Finder](#) website, click to locate facilitated or freestyle drum circles anywhere in the world!

2013: I found myself sitting behind a drum at the YWCA Santa Monica/Westside's *Let's Get Physical* fitness fundraiser. Through facilitator, OM Therapist, [Ossie Mair](#), MA, LMFT we learned three simple rhythms, universal to all drum circles. As a volunteer on the YWCA event team, it was a real treat to be able to actually take part in this session. To say I was obsessed over event details was to put it mildly. Within moments, this non-musician was into the beat, having fun! What stress? I'm officially a convert preaching to the choir; so seriously folks, drumming is for everyone.

I quickly learned that neither my shoulder injuries nor my arthritic, "Blackberry Thumb(s)" (more on that in a bit) inhibited my ability to participate.



Join Ossie at the [YWCA](#) every third Sunday of the month from 2:00 PM – 3:00 PM. Adults \$10, kids 12 and under, free!

10 STRESS FUELED DISEASES

[Jay Winner, M.D.](#), author of *Take The Stress Out Of Your Life*, told [WebMD](#), "Stress doesn't only make us feel awful, it can also exacerbate just about any health condition you can think of." Think heart disease, asthma, obesity, diabetes, headaches, depression and anxiety, gastrointestinal problems, Alzheimer's disease, accelerated aging and premature death. To immediately cope with stress, Dr. Winner recommends: deep breathing, focus on the moment, reframe the situation and keep problems in perspective. Also regular exercise busts stress, as does cultivating relaxation techniques like drumming, meditation, yoga, and get good at them for long-term health. Or come take Qi Gong with me.

Santa Monica, CA based [InsightLA](#) is a center for mindfulness, meditation and more! Leave your worries, your pain at the door to spend 90-minutes engaging in Qi Gong the ancient, Chinese medicine to heal what ails you, to leave feeling refreshed, unburdened, almost like you're floating. Classes guided by [Michael Sieverts](#), meet the second and fourth Friday of each month from 7:30 PM to 9:00 PM at InsightLA and are by donation.

TABLET NECK & BLACKBERRY THUMB



Image [Dr. Gordon Gertz](#)©

Look familiar? More stress of the repetitive, technology induced variety. Don't let this happen to you! [Health Magazine](#) advises to hold your Smartphone or tablet "chest-high whenever looking at the screen" to avoid neck strain and consider a "stand for tablets". Text much? "Even light pressure can be magnified 5-10 times at the base of the thumb to cause strain." Consider calling it in, OK? Also, incorporate stretch breaks. Shrug then roll your shoulders back to open your chest. Make fists, rotate your wrists clock- and counter-clockwise, and then splay your fingers.