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# W.O.W.

## Way Of Wellness Newsletter

### Tackle your Tension: Tips to De-Stress

We have all known proper exercise and diet are important to managing stress. Stress experts offer these additional tips to tackling your tension:

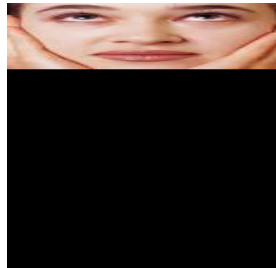
**Take Notice:** Make a list of the areas in your life that don't *feel* right and may be causing you the most stress. Make a plan to address each problem area. This one small step will bring relief.

**Attitude is Everything:** Keep your thoughts positive and your attitude bright. If a stranger talked to you the way you talk to yourself, would you like them or hate them? Your internal chit-chat must be respectful, encouraging and empowering!

**Have a Laugh:** Turns out laughter really is the best medicine. (See *Laughter*)

**Worry Time:** Set aside 15 minutes each day to worry. At any other time during the day when you begin to worry, stop yourself. Save it for "worry time."

**Visit your D.C.:** Since vertebral subluxations affect the body's ability to manage stress and are themselves a major cause of physical stress, it only stands to reason that getting a regular chiropractic adjustment should be a priority. Visit your Doctor of Chiropractic regularly.



### Will Everyday Stress Finally Do You In?

We're surrounded! Surrounded by stress, that is. It's all around us. Stress at work, stress at home, it really is the new epidemic.

Stress is a normal part of life and at times a certain amount of stress is the stimulant we need to achieve our goals. It's when stress becomes constant that our bodies become overwhelmed and strained.

When stressed, our bodies release adrenalin and a series of reactions begin to take place. Heart rate increases, muscles tense, blood pressure rises, pupils dilate, and your body jumps to attention preparing to fight or retreat. The body also shuts down functions not needed for immediate survival, such as the immune and digestive systems, choosing instead to funnel all available energy to the situation at hand.

This response is critical to surviving any dangerous situation; however, the body reacts to physical, emotional and chemical stress in all the same way—regardless of whether you are speeding car or struggling with a conflict at work, preparing for your next reaction. And, if stress continues over a period of time, the body get's locked into this defense reaction. It's this long term continuous stress that causes your body to adapt in ways that are often unhealthy. The Centers for Disease Control sights a significant link between stress and six of the leading causes of death—heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

### Subluxations: a major cause of physical stress.

One major cause of physical stress is vertebral subluxations (misalignments of the spine). When spinal bones lose their normal position and motion from stress, trauma or chemical imbalance, the disturbance to the spine and nerve system begins to affect body function. When body function decreases, the body loses health. Untreated, vertebral subluxations can not only limit your body's ability to manage stress but can lead to headaches, digestive problems, back and neck pain, decreased immunity and many other conditions.

Many resort to treating these symptoms with medications that do nothing to correct the underlying cause of the problem. Getting regular chiropractic adjustments ensures that you are not only getting relief for your symptoms, but are correcting any underlying conditions at the root of the problem by correcting spinal misalignments.

*Share the impact of stress on overall health with your friends and colleagues through the Get a Grip on Stress educational workshop. Presented to local companies and organizations free of charge, Get a Grip on Stress provides insight on how to manage stress and minimize its negative affects on the body. Contact our office today to schedule a workshop date.*

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