

Are You Stressed?

Chiropractic Part of Balanced Healthcare

Stress

Consider how you have felt for the past 6 months and rate your response to the following statements.

- Never 1 Rarely 2 Sometimes 3 Often 4 Always 5
1. I feel tired or have a lack of energy. 1 2 3 4 5
 2. I have trouble sitting or concentrating.
 3. I have problems getting to or staying asleep.
 4. I feel pain in my chest and shortness of breath.
 5. I am constipated or have diarrhea.
 6. I feel nervous and shake or sweat a lot.
 7. I have an upset stomach & muscle aches.
 8. I have headaches.
 9. I smoke and/or drink alcohol.
 10. I have gained or lost more than 10 pounds.

Your Total

10-20 Low stress
21-30 Somewhat stressed
31-40 Stressed
41-50 Too Stressed

Chiropractic care focuses on maximizing the body's incredible potential for self-healing by detecting, correcting and preventing interferences in your nervous system. It may include spinal adjustments, stretches, exercises or other healthy lifestyle recommendations.

Chiropractic can change your life!

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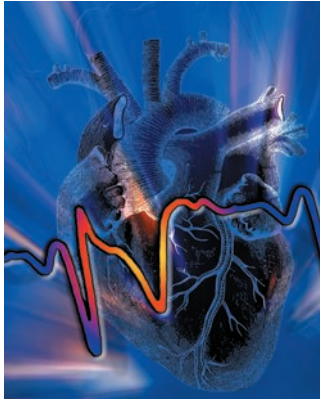


CHIROPRACTIC
PART OF BALANCED HEALTHCARE

What is Stress?

Stress is your body's physical and emotional response to anything you perceive as a challenge. Stress sets off an alarm in the brain which then prepares the body for action. The nervous system is aroused and hormones are released to sharpen the senses, quicken the pulse, deepen breathing and tense muscles.

Stress is a normal part of life. It keeps us alert and ready for action. Stress becomes negative when we experience it for long periods without rest or a chance to recover.



Stress is linked to six of the leading causes of death:

- heart disease
- cancer
- lung ailments
- accidents
- cirrhosis of the liver
- suicide

Symptoms of Stress

- Dizziness or a feeling of "being out of it"
- General aches & pains
- Grinding teeth or clenched jaw
- Headaches
- Muscle tension in neck, back or shoulders
- Indigestion, upset stomach
- Increase in or loss of appetite, weight gain/loss
- Problems sleeping, fatigue, exhaustion
- Sexual difficulties



Headaches may be a warning sign that you need to control your stress.

How Can Chiropractic Help?

Maximizing our body's efficiency and health helps us cope with the physical strains stress can cause. Chiropractic care focuses on optimizing body function through the removal of interferences in the nervous system.

Your nervous system controls all of the messages transmitted between your brain and every organ and tissue in your body. Removing interferences allows your body to accurately and appropriately respond to stressful events.

Your chiropractor will review your complete health history and perform a thorough examination to pinpoint any physical problems. Your care may include spinal adjustments, stretches and exercises as well as corrections to your posture, behaviour and lifestyle. Chiropractic care offers safe, effective treatments without the use of drugs.

43% of all adults suffer adverse health effects from stress.

Over 75% of doctor's office visits are for stress-related ailments and complaints.



Tips for Reducing Stress

Physical tips

- Exercise regularly
- Eat healthy, balanced meals
- Learn relaxation techniques that allow both the mind and the body to rest
- Get enough sleep, so your body can recover
- Don't rely on alcohol or drugs

Mental tips

- Learn to manage your time effectively
- Keep a positive attitude
- Accept that there are events you can not control
- Be assertive instead of aggressive. Assert your feeling, opinions or beliefs instead of becoming angry, defensive or passive
- Seek out social support



Your chiropractor can help you develop an effective plan for managing your stress.