



Handling Stress & Anxiety

"If you ask what the single most important key to longevity, I would have to say it is avoiding worry, stress, and tension. And if you didn't ask me, I'd still have to say it."

George Burns

Personal Coping Experience

By Audra Robinson

Since I was young I struggled to fit in with the "cool kids". These situations led me to have social anxiety. These situations eventually developed into GAD, also known as General Anxiety Disorder. I have a few ways of coping, such as going for walks, talking to my friends, and spending time with my dog, Bella.

Bella has been a part of my family for the past 12 years. She has helped me through many tough situations that I have gone through. People always say that animals can sense when you are upset, and I for one believe that is true.

Aromatherapy

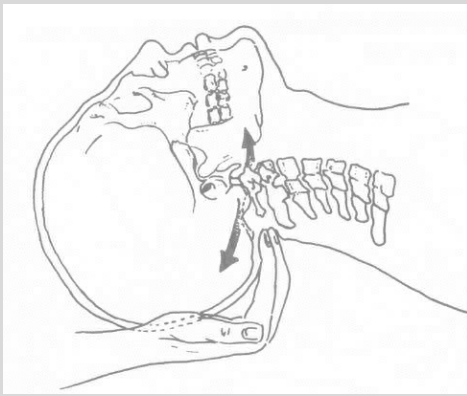
By Shannon Evans

Aromatherapy is the use of essential oils via inhalation. There are various ways to use aromatherapy such a diffuser shown in the picture or sniffing the essential oil from the bottle or on a cotton ball. The use of EOs such as Lavender may have a calming effect. My personal experience is that having scents that I like around me helps me feel better when I am stressed. I like the citrus scents such as tangerine, orange, lemon or lime. I often put Lavender EO in my son's diffuser at night to help settle him down.



Massage for Stress-Relief

We all experience stress and anxiety in our daily lives, the goal is to manage our anxiety in a way that allows us to enjoy our lives to the best of our ability. An article printed in American Massage Therapy Journal states, "Massage therapy can be an effective treatment by elevating neurotransmitters associated with lowering anxiety and decreasing hormones associated with increasing anxiety." If you would like to make massage therapy a part of your self care for managing anxiety, you can make an appointment with Tara or Beth today!



MOVEMENT & STRESS MODULATION

By Dr. Pomplun

Being consistently active helps you to live longer, have a better quality of life, improve your mental health, and improve your self image. Take charge of your physical and mental health in only a few minutes per day.

Read more [The Power of Movement, Living an Active Lifestyle.](#)

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By Dr Amanda Oberc

Anxiety, it's something we have all dealt with at one point in our lives. According to a new article from the Times, 40% of Americans feel more anxious than ever. In reality, it's inevitable to feel "stressed out", especially with current world events. Here are a few ways we can help with that.

To begin with, the first part of your treatment at Chiroplus includes a pre-adjustment massage. This massage decreases tight muscles, but, more importantly, relaxes your body by releasing endorphins, the "feel good" hormone. Overall, this release causes a decrease in stress levels. Furthermore, Dr. Pomplun and I utilize soft tissue techniques, such as trigger point work. By releasing adhesions and toxins in tight muscles, we are able to give an emotional release of stress. Lastly, adjusting the occiput and sacrum is known to stimulate our parasympathetic nervous system, the part of our body that rests and digests. In other terms, patients feel more at ease. If you or a loved one struggles with anxiety, please give us a call and make an appointment. We are always here to help.

Benefits of chiropractic care against anxiety:

- Reduced chronic fatigue
- Reduced muscle tension
- Improved sleep quality
- Reduced migraines and headaches
- Reduced GI disorders
- Improved health and wellness

Supplements

By Dr. Pomplun

Stress Essentials Balance

-Chronic stress may lead to feelings of fatigue and general weakness. The nutrients in Stress Essentials Balance can help by supporting healthy adrenal gland function and mood.

[click here to order](#)

Herbal Eze

-Formulated with highly potent extracts of ginger root, turmeric root, Boswellia gum, and black pepper fruit that work in concert to help support immune function, ease stress, relieve minor joint discomfort.

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A MESSAGE FROM THE STAFF

These days it certainly seems close to impossible to avoid worry, stress and tension. With 24 hour news stations and social media, we are bombarded with the bad things the world has to offer. While we can't completely avoid all that is going on around us, we certainly can use some of the techniques described above to modulate our internal stress response.

Yours in Health and Happiness,
Colleen and the ChiroPlus Team