



Adjust To The New Norm

Stressed Out?

- **Don't feel alone**
- **It's a normal part of life**
- **And even if you can't do anything about those things that create your stress, be it work or school-related, family-related, emotional or all of the above**
- **There are plenty of ways of relieving the stress itself**



Relax

- **Make sure you put aside enough time on a daily basis to chill out**
- **Sure, you have lots to do, but remember that in order to properly relax, you need to give yourself permission to do so**
- **Sitting, reading or even watching television for 20 minutes a day, caring nothing of the world or your responsibilities does not make you lazy or irresponsible**



Learn To Manage Your Time

- You have a million things to do and not nearly enough time to do them
- In fact, you have so much to do that there are those few little things that may never get done at all
- Sometimes it takes as much, if not more sense, to set limits for yourself



Make A To-Do List

- **Break down your tasks for the day or for the week in order of priority**
- **Break all the larger tasks up into bits you can handle without pulling your hair out**
- **As you complete each task, check it off your list**
- **At the end of the day, count your marks and see just how much you accomplished**



Simple Meditation

- **Meditation is not just for Buddhists anymore**
- **No need to get transcendental**
- **Try this simple method and feel your stress lift away**
- **This is a great way to wind down at the end of the day, and prepare yourself for a restful sleep**



Meditation Technique

- **First, light your favorite candle**
- **Second, sit comfortably at eye level with the candle's flame**
- **Gaze softly at the flame and relax your mind**
- **Lift your mind of all thoughts except for breathing (controlled and rhythmic) and the flame**
- **If your mind wanders, shift your eyes back to the candle**



Get Enough Sleep

- **Don't take it for granted that you get enough sleep**
- **If you have trouble sleeping, there are many techniques that you can try to make your eyelids nice and heavy**
- **Try reading a book, or putting on some soft, relaxing music**
- **If you are having a hard time sleeping, talk to your doctor for more solutions**



Have Fun

- **Remember to have some fun along with your work and other responsibilities**
- **Spend time with friends and family**
- **Take time out to laugh**
- **Take up a new hobby - it's always great to have something new and enjoyable to spend some time thinking about**



Relax Your Muscles

- **Ever notice that when you get really stressed your muscles get tight, tense and even knotty?**
- **Check yourself when you're feeling the most stressed out that you aren't unconsciously clenching your fists, grinding your teeth or even hunching your back**
- **If you are having a hard time loosening up, it could be related to your posture**



Your Nervous System

- **Your brain communicates with every cell in your body through the miles of nerve fibers that make up your nervous system**
- **When this communication is interrupted, problems can occur**
- **All of your body's functions are regulated by your nervous system**
- **It causes the heart to beat, lungs to breathe, muscles to contract, stomach to digest and glands to secrete**



Your Spinal Column

- **The brain is protected by the skull**
- **The spinal cord, which connects the brain to the body has a unique protection**
- **It is protected by a combination of twenty-four bony segments, called vertebra and soft tissue**
- **The soft tissues give the spine the ability to bend while maintaining its protective alignment**

The Chiropractic Adjustment

- **Joints of the spine and extremities can become challenged in both movement and metabolic function**
- **The chiropractic adjustment is performed to restore and enhance movement to the spinal joints and extremities**

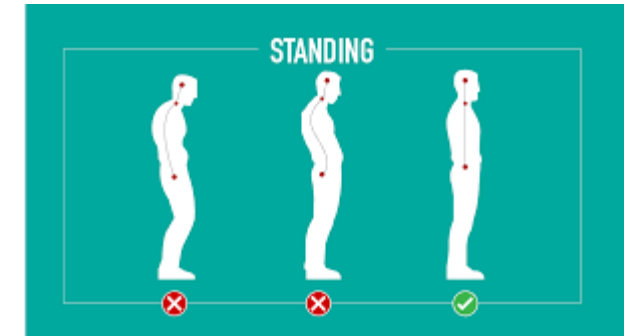
Your Posture Affects Your Health

- **What would happen if you held a bowling ball with your arm straight out in front of you all day?**
- **Carrying your head in front of your shoulders all day is just like carrying a 12-pound bowling ball that way**
- **How long could you do that before your arm started to fatigue, cramp and be painful?**



Pair Up With Your Partner and Check

- **From the front: Are the points between the eyes, chin, breastbone, pubic area and midpoint between the ankles aligned?**
- **Are the shoulders, hips and knees of equal height?**
- **Is the head held straight, and not tilted or turned to one side?**
- **From the side: Can you easily see the three natural curves in the back?**
- **From the back: Are the little bumps on the spine in a straight line down the center of the back?**



Kids, Parents and Posture

- **Standing up straight is important for everyone, but at no time is it more crucial to develop the habits of good posture than in childhood**
- **Many adults with chronic back pain can trace the problem to years of bad posture habits or injuries in childhood**
- **Because they are growing and more active, children may be at even greater risk for injury to the back and spine**
- **Check your friends and family when you return home and go to work tomorrow**

