

ANDERSON UPPER CERVICAL

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Simple Ways to Beat in 15 Minutes or Less

Ever felt like you just can't unwind after a demanding week? That's because stress triggers the body's fight or flight response: adrenaline starts pumping, heart beats faster, & blood pressure rises. Long-term overexposure to stress hormones can cause increased risk of health problems such as anxiety, depression, heart disease, weight gain, memory & concentration problems.

Wake Up Early

Having an extra 15-20 minutes before heading out the door will leave you feeling *more* refreshed & less frazzled.

Clean out junk drawers

Tidying up your home & office space can also tidy up the mind. Purging unused items helps produce calm & reduce stress. Keep a box in the closet and promptly put clothes in to donate.

Pick up a physical hobby

The best way to stop the stress spiral is by refocusing the mind on one thought which will relax the mind. For example, gardening focuses on the physical feeling of the soil that is in contact with your hands.

Take deep breaths

Take one minute to breathe deeply through the nose into the abdomen. Breathing fully & deeply brings about a sense of calm because more oxygen is getting delivered to the body's cells, which helps bring about relaxation.

Our Upper Cervical patients report clearer thinking & an overall feeling of better health. Not having interference at the brainstem will allow the body to handle stress better & more effectively.