



AMERICAN FAMILY CHIROPRACTIC

310 Penn Street, Suite 203, Hollidaysburg, PA 16648

814.695.5699
amerifamchiro.com

DR. WENDY PEHONSKY
DOCTOR OF CHIROPRACTIC

QUANTIFYING STRESS

- 2.3 million Americans suffer from "Anxiety Disorders".
- 1/3 of the population makes a New Years resolution to begin a stress management program.
- 80% of healthcare dollars are spent on stress disorders.
- 46% of the American population says they feel highly stressed
- More than 2,000 self-help books are published each year; producing sales of over \$500 million
- Americans buy 1/3 of all anti-anxiety pills sold worldwide each year; while they make up only 5% of the world's population
- 60-80% of industrial accidents are due to stressed out workers
- The word stress entered the American vernacular in 1956, when Hans Selye published "The Stress of Life"

Dr. Wendy Speaks About... *Stress*

Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of careers, deadlines, conflicts, and the demands on our time and money all take a huge toll on our health.

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. For some, it's an upset stomach. For others, recurring headaches, back pain or muscle stiffness. Still others respond with nervous twitches, allergic reactions or sensitivities to chemicals.

Regardless of your particular response, the function of your nervous system is involved. That is why chiropractic treatment can be so helpful.

The chiropractic approach to stress is to help normalize the function of your nervous system by removing interferences caused by the Vertebral Subluxation Complex. Finding the "weak links" in your spine (the major communication pathway of your nervous system) and helping restore better function can make a profound difference in your response to stress.

It may not be possible to remove stress completely from a busy life. However, with the help of your chiropractic doctor, you can respond better to the unique challenges you face.

1. RELAX Relaxation lowers blood pressure, respiration, releases muscle tension and eases emotional strains.

2. HUMOR Maintaining a sense of humor during difficult situations is an effective mechanism for stress management.

3. EXERCISE Brisk walking and swimming are excellent choices providing great cardiovascular workouts. Avoid vigorous training regimens that will take more time and commitment than you can afford.

4. WORK/PERSONAL TIME Keeping your professional and private lives separate is essential to managing stress. If you must work beyond your regular hours, try to go to the office early when the phones are quiet and you are fresh from a good night's sleep.

5. GOALS Make realistic goals that give you the opportunity to succeed. Unattainable goals usually lead to feelings of failure even when you have had a productive day.

6. TASK Take care of taxing tasks in the morning to get them out of the way. Large or tedious projects that you schedule for the afternoon will often get put off due to the events of the day.

7. PROJECTS Section jobs into manageable portions and take them on individually. Organization is the key to successful project completion.



814.695.5699

310 Penn Street, Suite 203
Hollidaysburg, PA 16648

Expires December 23rd, 2010

COMPLIMENTARY CONSULTATION

EFFECTIVELY TREATING:

- Arthritis
- Auto Accidents
- Back Pain
- Carpal Tunnel
- Chronic Fatigue
- Chronic Pain



- Fibromyalgia
- Headaches
- Neck Pain
- TMJ
- Sports Injuries
- Work Injuries