

Stress Management

Does your job give you stress?

Does waiting in traffic lines make your head ache?

Stressful events are endless. And unattended stress can lead to physical pain. How can this cycle be managed so that daily events don't lead to daily discomfort?

Make a stress list

- Make a list of stressful events. What things make your stomach churn? Your head throb?

Look at your activities

- Make a daily log of activities. Look at how you currently use your time. Is it satisfying?

Avoid stressful situations

- Some stresses can be avoided. Consider changing the time you leave work to avoid heavy traffic or shopping at a less crowded store.

Exercise

- Physical activities reduce stress-walking with a friend, taking the stairs instead of the elevator, swimming in the morning, all of these can enable us to handle stressful events with more calm and ease.

Get relief from the pain

- When physical aches and pains develop in response to stress, they signal a need for change. Pain that manifests in muscles and joints can be treated by a chiropractor through joint manipulation, massage, and exercises.

Consider counseling

- Stress reactions are often learned. How did your parents handle stress? Do you find yourself reacting in the same manner? Do these patterns fit your personality? Counseling can help you change your response to stress and avoid repeating the same pattern.