

Today's Chiropractic Weekly Handout

Put That Stress Down!

Dr. Charles M. Laycock



In college, when explaining stress management in one of my classes, the professor raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't

matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes. And that's the way it is with stress management."

If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we are much more prepared to continue carrying the burden. Try this today-before you return home tonight, put whatever burdens of stress you are carrying down and don't carry them home, know that you can pick them up tomorrow. Don't pick that stress up again until after you've rested a while.

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Here are some great ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- A truly happy person is one who can enjoy the scenery on a detour.

It's important that you are getting checked regularly because Chiropractic treatment helps you develop healthy responses to stress, reducing potential physical damage.

Chiropractic is based on the concept that given the opportunity, the mind and body can heal itself. In relieving some of the effects of chronic stress, through removing subluxations and muscle tension, Chiropractic care provides just such an opportunity!

Today's Chiropractic Clinic

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~ Serving Our Community Since 1990 ~

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm