



YOUR KEY TO STRESS RELIEF QUARTERLY NEWSLETTER

THE RELAXATION
CONNECTION

Volume 1, Issue 1
OCTOBER, 2009

HOW TO GET MORE BANG FOR YOUR BUCK WHEN IT COMES TO TAKING CARE OF YOUR HEALTH

Here are some simple techniques to help you deal with the everyday stresses of life until you come in for your next “massage” treatment.

- 1) Take advantage of your personal hand held massager (use it on the back of your neck, down your arms, legs and back area)
- 2) Join a gym with a friend and/or love one and work out as often as possible
- 3) Listen to your relaxation tapes by candle light
- 4) Read a good Book and/or join a book club
- 5) If you have a dog take walks with your love one

Additional ways to relieve stress:

When you are driving on long trips, you should always get out of the car, stretch and relax your body. In China, they have establish what they call mini-massage salons on the side of the freeways where people can pull over and get a chair massage. The Chinese have tracked how many people have accidents based on being tired and stressed out. So remember to take along your hand massager and give yourself a workout every couple of hours or so.

If you need hands on instructions on how to properly use your hand massager, I will be more than happy to show you at your next visit.

DID YOU KNOW?

Your thoughts affect your physical well being!
Negative thought patterns have a tendency to cause

- Depression
- Ill health
- Shorter life span

Long hot baths not only make you feel good and clean your body, they also help to relieve the tension in your overall body.

It's been said that 60 to 90 percent of doctor's visits are for a stress related disorder. So chilling out is integral to

optimal health. It doesn't take much. Just five minutes one to two times per day. Find a quiet place, sit in a relaxed position and just breathe deeply. This will allow your body to break the aging and disease causing stress cascade.

