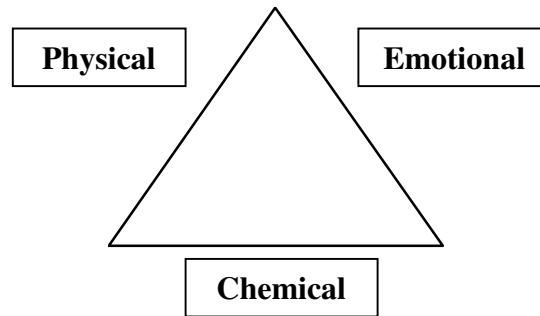


STRESS

TRIANGLE of HEALTH



The body is built to thrive under stress for short periods of time. But, if we are under stress for extended periods of time it can cause a variety of health problems. There are three different types of stress. Chemical, Emotional and Structural. If we can learn ways to identify and lessen stress, the result will be better health.

Ways to lessen emotional stress:

- Daily checklist of things that need done
- Time away from work (2 one week vacations, 2 three/four day weekends a year)
- Exercise
- Hobbies that are a mental release
- Keep a journal

Ways to lessen chemical stress:

- Healthier diet
- Protein breakfast
- Reduce white sugar/flour
- Quit smoking
- Reduce caffeine

Ways to reduce physical stress

- Chiropractic care
- Massage
- Exercise
- Correct posture during daily activities
- Relaxation techniques

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