

## Capital Wellness Chiropractic Health Minute...



### Stress... How can you live with it?

Last spring I wrote my first article regarding stress in our daily lives. Since that time, I have received numerous letters and e-mails regarding this very important topic. Some of the more common questions include, "How do you combat stress? How can you live with stress?" One of my favorites is, "How does a person know when they are stressed?" Although stress can have a positive impact for us, we tend to think of stress as negative. Stress becomes negative if we don't manage it correctly. I hope this is not the case for you. After researching stress over the past year, I now routinely ask my patients how they feel about their personal stress level. The purpose of this article is to stimulate you to think about how stress impacts your daily lives.

As I am sure you all realize stress is a major issue in our society. We see it in our homes, jobs, and schools. Even traveling on the beltline we see stress manifest itself quite frequently; the media calls it "road rage". If mismanaged, stress can cause psychological disorders such as depression, burnout, and soft tissue or musculoskeletal disorders of the neck and upper back. Of course, these disorders take years to develop and involve many other factors.

The early warning signs of stress can include headaches, sleep disturbances, difficulty concentrating, short temper, and upset stomach. Many patients have a variety of these symptoms. You may have resolved to accept that stress is something that is unavoidable. However, left uncorrected, stress can lead to far greater physical problems than just those listed above.

Chiropractic care helps patients cope with stress by giving our bodies a chance to fight off the adverse effects. By correcting the mechanical lesions we call subluxations, chiropractors address the human body as a whole. Chiropractic care restores movement and allows self healing of the body to take place. Good self-care includes exercise, drinking plenty of water, avoiding excessive caffeine and processed sugar. **And making sure your spine is aligned!**

In good health and best wishes,

Darryl T. Linder, D.C.

**4940 Capital Blvd ♦ Raleigh**

**Mon-Wed**

**7-1, 3-6**

**Thursday**

**3-6**

**Friday**

**7-1**

**Saturday**

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