

Rejuvenations News

March 2009

Upcoming Schedule

Mar. 28—Chair-A-Thon at Rejuvenations in Stratham, 9:00—3:00. We will be offering chair massage at the clinic and donating the proceeds to Annie's Angels. Valerio's Kitchen of Stratham will be providing light refreshments. See you there!

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March is Annie's Angels Month

We will be donating a portion of the proceeds of each NEW CLIENT to Annie's Angels during March.

Referral coupons are available at Rejuvenations!



We are online!

Our newsletter can now be found on our website at www.RejuvenationsPT.com

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Take a Break...



Economical challenges, elections and the change of season are just a few of the many changes we are experiencing in New England these days. One common side effect of change is stress.

Stress can manifest itself in many forms, causing an array of symptoms. The good news is, there are many ways to battle the tension.

In this month's issue of Rejuvenations News we will take a look at what stress really is and some of the ways we can reduce our stress levels. On page 3 is a test to help you determine your personal level of stress. Notice that even positive, happy

events such as marriage and outstanding personal achievement can add to your score.

Chair massage is a great way to relax in a short time. Sessions run 5, 10, 15 or 20 minutes, and are only \$1.00 per minute.

Rejuvenations is honored to be providing a Chair-A-Thon at our clinic in Stratham on March 28. The proceeds from the event will be donated to Annie's Angels, a local non-profit agency.

So take a break, join us and experience the physical benefits of chair massage while enjoying the emotional benefits of helping your community.

Stress and Sleep

Stress and sleep have a unique relationship. Too little sleep can cause stress, and too much stress can cause lack of sleep. Follow these tips to get a better night sleep:

- Follow a regular bedtime routine
- Sleep in a dark, cool, quiet room
- Unwind earlier in the evening
- Sleep on a comfortable mattress and pillow
- Use your bedroom for sleeping and sex only
- Go to bed the same time every night
- Exercise regularly
- Avoid caffeine, nicotine and alcohol before bedtime

Is Stress Getting on Your Nerves?

Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind. But what exactly is going on in our body and mind and how do we change the effects of stress?

The answer lies in our central nervous system (CNS) located in the hypothalamus of our brain. This is where our brain processes the world around us. The two main components of the CNS are the "fight/flight" or "rest/digest" responses.

Our fight/flight response is meant to protect us from harm. When this response is activated our bodies undergo some dramatic changes



(Continued on page 2)

Is Stress Getting on Your Nerves? (Cont'd)

(Continued from page 1)

including a redirection of blood flow to our limbs, increased respiratory and heart rate, quickened impulses and a diminished perception of pain. These are all survival instincts to help us flee a dangerous situation like being chased by a bear or defending ourselves and loved ones, such as a mother protecting her child from danger.

Unfortunately this response can be triggered even if we are not in physical danger. Threats, such as being late to work, can cause unrealistic road rage. Looming deadlines and busy schedules can feel like people are always "on your back". Daily stressors such as these can result in an over-active fight/flight response which can result in high blood pressure, chronic headaches,

and digestive problems. Prolonged stress can also cause disorders to our hormonal and immune systems, which can be linked to chronic fatigue, depression and autoimmune diseases like rheumatoid arthritis, lupus and allergies.

So how do you get out of this fight/flight trap? One way is to get reconnected with that other part of the CNS, the "rest/digest" response.



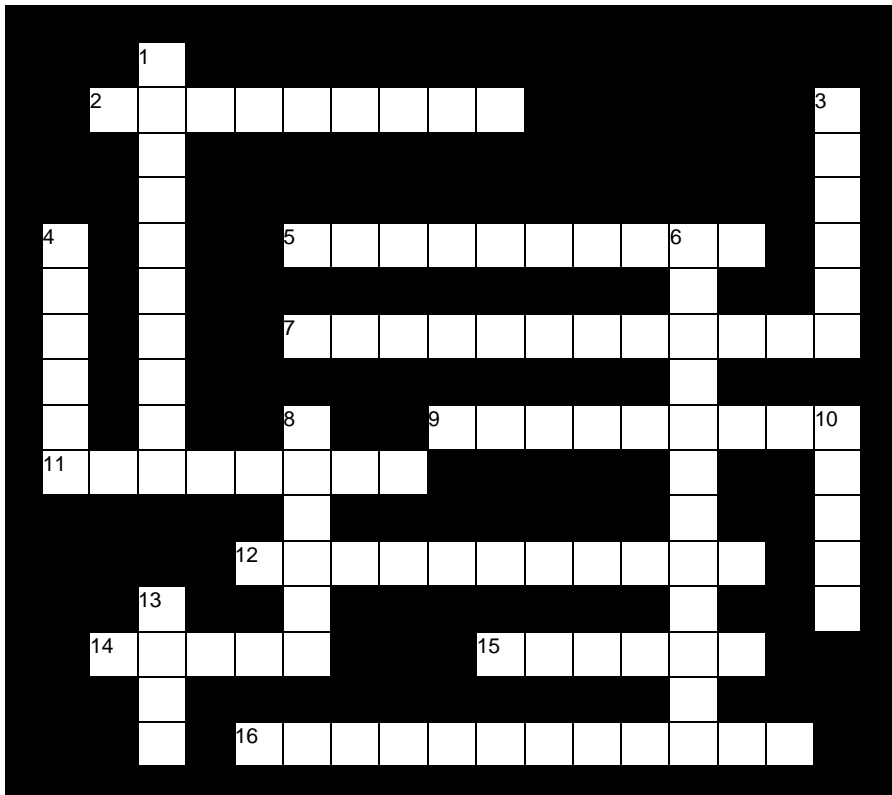
When we take time to slow down, our bodies produce hormones that boost our immune system, repair tissue damage, and improve digestion to take in the nourishment that

our bodies require.

Massage is a great way to stimulate this rest/digest response. Clients often state that they did not realize how much tension they were holding or how sore their muscles felt. Massage can assist in flushing out the toxic build up caused from stress. There has also been documented research on massage reducing high blood pressure.

Take time to sit down and enjoy a meal with family. Make sure to get a good night sleep. Enjoy a sunset. Or just breathe. These are not just sentimental statements but ideal ways to promote optimal health. Other ways to disarm the fight/flight reactions and become more calm and balanced can be found throughout this newsletter.

Puzzle



ACROSS:

- 2 Self-defense changes the way you are _____ by others
- 5 This is equally important for children and adults
- 7 Where the central nervous system is located
- 9 survival instincts help us flee from this type of situation
- 11 Doing this regularly will help you sleep better
- 12 Type of classes Rejuvenations is sponsoring for women
- 14 Response: _____ / flight
- 15 Stress is a physical, _____, or emotional response
- 16 A local non-profit agency Rejuvenations is affiliated with (2 words)

DOWN:

- 1 Vigorous activity will do this to excessive stress hormones
- 3 A common side effect of change
- 4 Prolonged stress can cause disorders to this system
- 6 A great way to relax in a short time (2 words)
- 8 Response: rest / _____
- 10 Stress has a unique relationship with this
- 13 Along with our body, what stress has an effect on



Stress Test



This is a list of stressful life events which have different number values to show the pressure that each one adds to your life. Sit back, take a moment, and review your life over the past 1 to 2 years. Go through the list. Mark down the points for each event that have happened or are taking place in your life. Total the points when you are done to see what your Stress Score is.

- 100 Death of a spouse
- 73 Divorce
- 65 Marital separation (or separation from any major intimate relationship)
- 63 Jail term
- 63 Death of a close family member
- 53 Personal injury or illness
- 50 Marriage
- 47 Fired from work
- 45 Marital reconciliation
- 45 Retirement
- 44 Major change in health or behavior of a family member
- 40 Pregnancy
- 40 Sexual difficulties
- 39 Gain of new family member thru birth, adoption, or remarriage
- 39 Business readjustment
- 38 Major change in finances
- 37 Death of a close friend

- 36 Change to a different line of work
- 35 Change in number of arguments with spouse
- 31 Mortgage or loan for major purchase (over \$30,000.00)
- 30 Foreclosure of mortgage or loan
- 29 Change in work responsibilities
- 29 Trouble with in-laws
- 29 Son or daughter leaving home
- 28 Outstanding personal achievement
- 26 Spouse begins or stops work
- 26 Starting or finishing school
- 25 Change in living conditions (rebuilding, remodeling)
- 24 Revision/change of personal habits
- 23 Trouble with boss/superior
- 20 Change in work hours or conditions
- 20 Change in residence
- 20 Change in schools
- 19 Change in recreational habits
- 19 Change in church/spiritual activities
- 18 Change in social activities
- 17 Mortgage or loan (under \$20,000.00)
- 16 Change in sleeping habits

- 15 Change in number of family gatherings
- 15 Change in eating habits
- 13 Vacation
- 12 Christmas season
- 11 Minor violations of the law (e.g.. traffic tickets, misdemeanors)

This scale shows the kind of life pressure that you are facing. Depending on your coping skills, or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild like frequent tension headaches, acid indigestion, loss of sleep, to very serious illnesses like ulcers, cancer, migraines and the like.

0—149 Low susceptibility to stress-related illness.

150—299 Medium susceptibility to stress-related illness. Learn and practice relaxation and stress management skills and a healthy well life style.

300 and over High susceptibility to stress-related illness. Daily practice of relaxation skills is very important for your wellness. Take care of it now before a serious illness erupts or an affliction becomes worse.



This Stress Test is reprinted with permission from Dr Tim Lowenstein.

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Did You Know...?

According to HolisticOnline.com, a study by the Touch Research Institute at the University of Miami found that after five weeks, a group of 26 employees who had twice-weekly, 15-minute massages in the office fared better than a control group of 24 employees who were just told to close their eyes and relax. The massaged group experienced reduced stress and improved performance, while the control group did not. Stress hormones in the saliva of the massaged group were lower than in the control group. The massage recipients also said

Common Relaxation Techniques



According to a 2008 survey by the American Psychological Association, "...almost half of Americans say they are increasingly stressed about their ability to provide for their family's basic needs." They also found that "...nearly half the survey respondents acknowledged that they are not doing enough or are not sure if they are doing enough to manage their stress."

If you need help managing your stress, follow these simple steps:

- *Take a time out.* Sit in a quiet area to calm your emotional and physical stress.
- *Breathe.* Take a couple deep breaths.
- *Relax your body.* Make fists with your toes and relax them to help release some of the physical tightness you may be experiencing. massage, meditation and yoga are also wonderful ways to learn to relax.
- *Listen to relaxing music.* Music calms the savage beast, and the out-of-control stress.
- *Physical activity.* Exercise can help alleviate tension. Take a walk - the change of scenery will do you good.
- *Vent.* Talking to someone about your stressors can often help lessen them.
- *Read.* Read something positive or funny. A book of jokes or inspirational sayings is a great relaxation tool.
- *Visualization.* Picture in your mind a vacation to a peaceful location. Keeping a picture of your favorite spot is handy.

People who live healthy lifestyles are less apt to get stressed over the little stuff. You are better equipped to deal with the difficult situations if you are at the top of your game.

Here are a few tips to get you on the right track:

- Eat right. Maintain a healthy diet.
- Sleep. Get a sufficient amount of sleep on a regular basis.
- Exercise regularly.
- Keep a positive attitude and a sense of humor.
- Avoid procrastination.
- Develop an interest in a hobby.
- Set realistic, reasonable goals.

Take time to relax—it's worth it!

Combat Stress with Self Defense

Taking a self-defense class is a great way to reduce stress both physically and emotionally.

Physically, vigorous activity will metabolize, or burn off, excessive stress hormones. This restores the body and mind to a more relaxed and calm state. The result is immediate and helps take away the stressors of your day.

Emotionally, self-defense can reduce stress by helping you feel more secure in your environment. Someone with low self-esteem tends to be nervous, feeling danger lurking in the shadows. Defense classes can help boost your self-confidence, allowing you start seeing your surroundings less dangerously - the way they really are.

Self-defense also changes the way you are perceived by others. The

more secure you are with yourself the less you look like a victim. Predators are less likely to confront you when you carry yourself with assurance and conviction.

Confidence is equally important for children. A self-defense class for kids can help build a sense of self-worth that will follow through to adulthood.

Rejuvenations is pleased to sponsor a series of women's self-defense classes at Matt Randall's Black Belt Academy, Inc. at the Stratham Plaza. The free classes, called Women's Personal Protection, will be held on April 6th, May 4th & June 1st from 5:30 pm to 6:30 pm.

Matt Randall's Black Belt Academy, Inc. also conducts free Children's Personal Safety Programs. The next

class will be offered on April 13th from 5:30 pm to 6:30 pm.

For more details or to register for a free class, go to www.mrbba.eventbrite.com/, scroll down to the desired class and date, and click on the event title. Or you can call Matt Randall's Black Belt Academy, Inc. at 603-743-6500.



Readers of Rejuvenations News

Bring a copy of this article with you and receive a FREE 30 DAY BEGINNER COURSE at any of the 3 locations of Matt Randall's Black Belt Academy, Inc.. Call the academy for more details at 603-743-6500.