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April is Stress Awareness Month - Summary Version

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If you're feeling severely stressed and/or thinking about hurting yourself, call or text 988 to reach the 988 Suicide & Crisis Lifeline.

OVERVIEW

STRESS is the body's response to any kind of demand or pressure, good or bad. Stress is a natural human reaction that happens to everyone. While stress is a normal part of daily living, knowledge and self-awareness can help you recognize when stress is creeping in so you can manage it in the way that brings you balance. Unmanaged stress can affect every aspect of your health - emotionally, mentally, spiritually, and physically.

COMPLICATIONS OF STRESS

Chronic stress can lead to many long-term health issues affecting your:

- Immune system (like arthritis, fibromyalgia and psoriasis).
- Digestive (like weight gain or loss, ulcers and irritable bowel syndrome).
- Cardiovascular (high BP, increased heart rate and palpitations).
- Reproductive (like infections, polycystic ovarian syndrome and infertility).

THE ROLE OF CHIROPRACTIC CARE IN TREATING STRESS

One of the primary benefits of chiropractic care is its ability to relieve chronic pain, a common physical response to stress. Beyond pain relief, chiropractic care plays a vital role in stress management by reducing physical symptoms of stress, encouraging relaxation, and supporting immune health. To maximize the benefits of chiropractic care, consider integrating it into a comprehensive stress management plan that includes regular exercise, a balanced diet, mindfulness practices, and professional counseling or therapy.

Please view complete version. If you would like to read the complete version of this Navigator issue, please click on the link. The complete version contains in-depth discussions about symptoms, testing, diagnosis, treatment, prevention, supplements, etc.

