



## STRESS AWARENESS

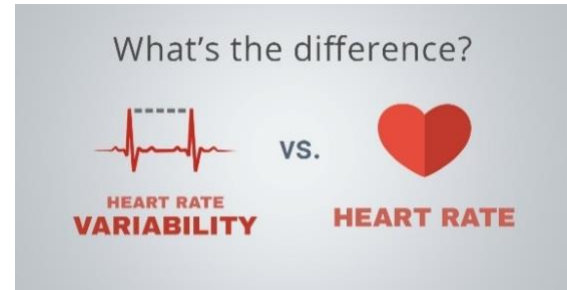
April is stress awareness month. While stress is a natural physical and mental reaction to life experiences, some stress levels are 'normal' and others could be 'troublesome.'

Even the most relaxed person experiences stress from time to time. It's normal, and part of being human. However, if you're experiencing bouts of stress every day, it affects your mental and physical health too.

Physically speaking, stress negatively affects several processes within your body. For example, increased muscle tension in the neck, a change in concentration of several hormones, a change in heart rate (HR), and heart rate variability (HRV) all can cause you long-term trouble with your overall health, especially your central nervous system.

Reducing your stress begins with keeping track of your Heart Rate Variability (HRV). Thousands of clinical research papers have shown HRV to be an accurate and sensitive measure of mental stress. HRV measures the variation in time between each heartbeat (longer time between each heartbeat is a more relaxed state and shortened time is a stressed state). However, your HRV isn't only measured by your heart, but also by your central nervous system (in terms of evaluating the Autonomic Nervous System function). That is why caring for your spinal health and boosting your nervous system's function can help you decrease stress levels and reduce their impact on the rest of your body.

Attending regular adjustments and relieving spinal tensions can help with this. At *Activated Life Chiropractic & Wellness*, we aim to assist you in every aspect of life. Book your next appointment today and find out how we can help you care for your stress levels and live a happier, healthier life.



### Now You Know

The human body is in a constant state of breakdown and repair.

Health is more than absence of illness; health is the presence of aliveness, energy, and joy.

"Chiropractic care should begin at birth on a preventative basis."

- Dr. Arpad De Nagy  
(Rockefeller Institute)

### Please Pass the Fidget ~ Stress Management at Work

Good news all you toy lovers! Fidget toys aren't just for kids. Research suggests they may have benefits for adults as well.

Do you have a difficult time concentrating in total silence? It's time to grab a fidget toy. Playing with a fidget toy may provide just enough stimulation to wake you up and signal your brain that it's time to focus.

If anxiety is your issue a fidget can help with that too! Practicing repetitive motions such as clicking a pen or twirling a fidget spinner is an excellent strategy for reducing anxiety. When you have something to reach for during tense moments you may feel calmer and more prepared to tackle the task at hand.

We won't tell your boss, but another common complaint of office workers is boredom. Having a fidget toy handy will channel boredom into a positive experience. Taking a few moments to fiddle with a Rubik's cube or squeeze a stress ball can make a considerable difference in your mood, alertness and perhaps, even your creativity. Next time you're feeling bored or uninspired, reach for your favorite desk toy to enjoy a few minutes of unstructured time for fidgeting.



**We've got you covered!**

**Visit our office during the month of April and receive a FREE fidget toy to enjoy while working or in times of stress!**

## Every Kid Healthy Week is this April 26th to the 30th.

Established in 2013 to celebrate school health and wellness achievements, *Every Kid Healthy* is a week that is very close to our hearts. Whether you're a parent, friend, educator, or otherwise you are a valuable influence in helping the kids in your life live healthier. Throughout this week encourage healthy living by trying new foods with a picky eater, taking a child yoga class or a going on a treasure hunt. And of course, don't forget to include chiropractic care for your kids!



Chiropractic care for children is safe, gentle and an effective way to maintain your child's health.

Children go through a number of changes as they grow and develop, causing stress to the body. By integrating chiropractic care early, you offer a natural way for a child to maintain their health for the long run. It's not too early to get into the habit of caring for their central nervous system and spinal function through spinal adjustments.

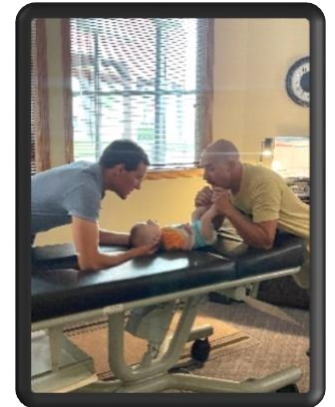
### Learn More:

Interested in learning more about chiropractic care for children? We will be hosting an event on April 7<sup>th</sup> from 6 to 8pm about Chiropractic, Pregnancy & Kids. Dr. Justin will present an in-depth presentation on the benefits of regular chiropractic care in the growth and development of a child. Call the office to sign up; we look forward to seeing you there.

## Adjustments for the Whole Family:

"Dr. Justin, Jacqueline and their team are fantastic. One of our favorite family gatherings! I first saw Justin when I was pregnant to help me feel more comfortable. The week following our son's birth, all three of us went in for adjustment. Justin is gentle with our son and he is a happier baby after adjustment. You need Activated Life Chiropractic in your life!"

-J. Griffith



## Dinner Idea – Kids Friendly Burrito Bowl

### INGREDIENTS



- 1 cup water
- ½ cup quinoa
- 1 tablespoon extra virgin olive oil
- 1 small onion (white or red work)
- 3 garlic cloves, finely chopped
- 1 large red pepper, finely diced
- 1 small zucchini, finely diced
- 1 can black beans, thoroughly rinsed
- 1 cup corn (I use frozen)
- 1 cup tomato sauce
- Cilantro, chopped
- Large Tortilla Wraps

### INSTRUCTIONS

1. In a small cup mix all of the spices together. (1 Tablespoon chili powder, 1½ tsp cumin, ½ tsp salt, ¼ tsp black pepper, ¼ tsp oregano (dried), ½ tsp garlic powder) This will be your burrito seasoning.
2. In a medium saucepan, bring 1 cup water to a boil. Add rinsed quinoa to the pot, cover and cook until soft and tender, approx 10-12 min (or follow directions on your quinoa package). Once soft, fluff with a fork and keep covered. Set aside.
3. In a large pan, add olive oil and warm until sizzling. Add the onion and garlic and cook until it begins to turn golden brown.
4. Next add the red pepper and zucchini and cook until all vegetables are soft and tender. Watch carefully and stir often. Add in the black beans, corn, cooked quinoa and burrito seasoning and coat everything evenly with the seasoning.
5. Once everything is evenly coated, immediately add the tomato sauce. Stir everything together and allow for the tomato sauce to soak up the quinoa and veggies. At this time if you find that the quinoa is looking a little dry, add a few more tablespoons of the tomato sauce. You do not want it to be too thin/watery, but with enough sauce that it is not too dry.
6. Top with chopped cilantro and then you can start assembling your burritos.
7. Add the quinoa mixture into a tortilla wrap and top with any toppings you would like.

### OFFICE HOURS

#### Monday:

7:00am-12:00pm

2:00pm-6:00pm

#### Tuesday:

8:00am - 12:00pm

1:00pm - 3:00 pm

#### Wednesday:

7:00am-12:00pm

2:00pm-6:00pm

#### Thursday:

8:00am - 12:00pm

1:00pm - 3:00 pm

#### Friday:

7:00am - 2:00pm

Find us on the Web!  
[www.alcwrstilson.com](http://www.alcwrstilson.com)  
 Get Social With Us!  
 Search for **Activated Life Chiropractic & Wellness** on Facebook.



Visit us and become a fan! Post a Review or comment, share us with your friends.

## Eliminate Stress FAST

First Aid Stress Tool (FAST) is another tool to help relieve symptoms associated with mind/body stress. The stressful events we face today can subconsciously remind us of previous stressful events in our lives. This can cause a recurring stress pattern called a *conditioned response*.

FAST comes from a more comprehensive technique called call NET. Both FAST and NET are focused on eliminating specific conditioned response patterns to past events. In some cases NET, which is only used by licensed healthcare practitioners, is needed to help find and resolve the deeper issue associated with a past stress pattern. However, FAST can be used anytime to help relieve symptoms associated with different kinds of stress and often offers immediate relief. This technique is safe for all ages.

### The Pulse Points used with FAST:



One of the dynamics used with FAST comes from Acupuncture, where specific pulses are associated with different Elements.

The Elements have been named Fire, Wood, Water, Metal and Earth, and each Element is associated with various emotional / stress responses. Examples:

- **Fire** can be associated with feeling abandoned or vulnerable
- **Wood** can be associated with feeling angry or frustrated
- **Water** can be associated with feeling scared or afraid
- **Metal** can be associated with feeling sad or unhappy
- **Earth** can be associated with feeling worried or hopeless



Figure 1

### How to use the FAST Procedure:

**Step A:** Identify an issue that is bothering you. Place one of your wrists (palm up) into your other hand. Using 3 fingers of your bottom hand, gently contact the 3 pulses that are located on the 'thumb' side of the palm-up wrist. (see figure 1)

**Step B (part 1):** Place the open hand on your forehead to cover the 2 points related to stress (located halfway between the pupils and hairline). (see figure 2)

Then gently breathe in & out a few times while *concentrating* on the 'feeling' associated with the issue that is bothering you.

**Step B (part 2):** Switch hands and repeat the above step with the 3 pulses on your other wrist.



Figure 2

	3			5	2			
2		6		8		9		
	7			4				
		2				1		
	5		7	3	1		8	
		3				4		
			3				4	
		1		9		8		2
	2		5					6

1. Every square has to be filled in with a single number from 1 to 9.
  2. You must not repeat the same number within the same row, column or square. (So, only the numbers 1-9 can be used just once).
  3. Each vertical column must only contain each number from 1 to 9 once.
  4. Each horizontal row must only contain each number from 1 to 9 once.
- Top tip:** No number can be repeated in any 3x3 box, row, or column! And the goal is to fill each 9 square row, each 9 square column and each 9 square box with the numbers 1 to 9 only, with each number used once and only once in each section.

**ACTIVATED LIFE**  
CHIROPRACTIC & WELLNESS



*Ribbon Cutting  
&  
Grand Opening*

MONDAY, MAY 2<sup>ND</sup> FROM 5-7PM

906 7<sup>TH</sup> STREET SOUTH

Meet Dr. Justin & the team

The new home of Activated Life

Refreshments and snacks will be provided.

RIBBON CUTTING HELD AT 5:30PM

## Activated Life Chiropractic & Wellness

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### Activated Life Chiropractic & Wellness has the following upcoming events:

**April 7<sup>th</sup>** – Chiropractic, Pregnancy & Kids

**May 2<sup>nd</sup>** – Ribbon Cutting & Open House from 5-7pm

@ 906 7<sup>th</sup> Ave South

**November 18<sup>th</sup>-20<sup>th</sup>** – Wellness Retreat:

*True You: Mind, Body and Spirit*

Activated Life Chiropractic and Wellness offers:

### Chiropractic, Pregnancy & Kids

**Thursday, April 7<sup>th</sup> from 6 to 8pm**

Hosted by Nourish at 220 Central Ave in Great Falls MT

Chiropractic is important for all ages and stages. Come and enjoy an evening of learning about how chiropractic care can aid in pregnancy, child birth, and contribute to raising a healthy child.

Chiropractic is for everyone!

\$25 per person: Dinner Provided  
Call (406)770-3800 to reserve your seat!



### Thanks for the referrals!

The ultimate compliment is when our patients tell their friends and families about Activated Life Chiropractic & Wellness. Thank you for helping us help others!

# True You: Mind, Body & Spirit

Hosted by Activated Life Chiropractic and Wellness

**November 18<sup>th</sup>-20<sup>th</sup>, 2022**



Rediscover the True You that God has called you to be. Enjoy the peace of the mountains while you soak in God's creation.

Room + Freshly Prepared Meals + Yoga + Mountain Top Meditation & Prayer + Healing + Detox + Relaxation + Classes + Rest + Fellowship



**\$1128 Individuals**  
**\$1596 Couples**  
Call or Scan more details:  
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