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3. **Communication** is the greatest de-stressing tool. Become a good listener and a good talker. Turn off the TV and the radio and talk to family and friends. Talkback radio, TV and newspapers, while informative are generally negative and stress producing mediums. "Bad news sells better than good news". Stay in regular touch with family, friends and colleagues and treat them with good values.

A good person is someone who acknowledges good values.

A great person is someone who treats their immediate family, neighbours, colleagues and themselves with the same values of care, dignity and respect that you treat your best friends with.

4. **Join clubs, organisations and groups** that you have a common interest in and meet regularly with like minded people. Belonging gives one a feeling of self worth.
5. **Make a decision to enjoy life**, look for happiness and fun. Give yourself permission to laugh a lot and enjoy yourself. Have pride in yourself in how you appear and what you do.
6. **Set yourself goals** in life and create a bucket list (what you want to do before you die).

**It is up to you to enjoy your life**, make it fulfilling and full of learning experiences. Remember your life is only about you. You cannot make other people happy or contented. That is up to them, "walk on, they often follow to be at your side."

**In a nutshell, communication and changing beliefs is the major key to reducing prolonged or chronic stress.** Situations develop but it is our personal story about how we fit into those situations contrasted with how or why it should affect us.

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When situations arise around stress, stop and work through the four agreements of communication set out by Don Miguel and Don Jose Rutz.

- be impeccable with your word
- don't take anything personally
- don't make assumptions
- always do your best.

Better health and decreased stress are a work in progress as we are always learning and healing in our pathway through life.

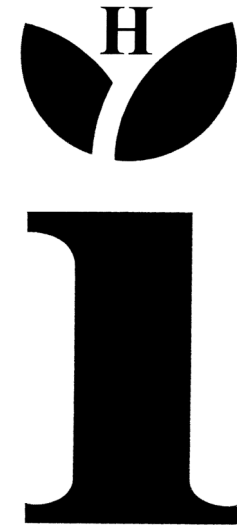
**Contact Integrated Health Care for more information or to book an appointment**



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**Disclaimer** – The technique and methods outlined are the initiatives of Integrated Health Care, Christchurch, NZ. They may be applied after pathology and soft tissue injury have been considered. Diagnostic tests eg. x-ray analysis/CT/MRI and blood tests may also be necessary to complete the clinical picture.

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***Stress***  
*at Integrated Health Care*

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It is widely accepted that stress is, the cause of many ill health conditions, and/or is the major contributing factor in surfacing them.

## What is stress?

Our body and mind have to constantly adapt to our environment and challenges in life.

**Stress displays itself in symptoms and conditions that indicate to us that we are not adapting and/or coping to those challenges.**

These challenges can come from:

- a) **Physical challenges**, i.e., accidents, injuries, sickness, not getting enough sleep or rest
- b) **Chemical challenges**, i.e., poor diet, problems with medications, vaccinations, food/environmental allergies, environmental pollutions such as pesticides and various pollutants
- c) **Thermal challenges**, i.e., sudden changes in temperature, seasonal changes, inadequate heating, clothing etc.
- d) **Mental challenges** – most people identify with this type of stress as it is easy to recognise if not by ourselves then by those who are close to us in our lives.

**Mental stress is a form of anxiousness, worry, concern or doubt about situations that we perceive we have no control over.**

Temporary and daily stresses we adapt to easily but it is the prolonged stressful conditions that affect our health and unbalance our body systems. These imbalances over a period of time can cause chronic symptoms and conditions of ill health, i.e.,

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energy loss, sleeping disorders, anxiety, depression, headaches, digestive disturbances, chronic infections, back and neck pain, aches and pains in the body etc. From our observation and research at **Integrated Health Care**, the mental mind (thinking) overpowers the emotional mind (feeling) causing imbalances and problems with normal functioning of the body.

The **mental mind** (conscious) is our most powerful and creative asset but it can also be the most negative and destructive influence in our life.

The **emotional mind** (subconscious) relates to our life experience, our family and cultural experiences as 'feelings'. We can think what we want but our feelings will challenge those thoughts according to our beliefs, values and principles.

The **physical system** basically wants to get on with life and concentrates mainly on trying to gain balance, repairing and reproducing cells to heal.

**Stress can be described as when the mental mind overpowers the emotional mind and the physical body causing these two systems to be knocked down and depressed.** This causes us to feel anxious, worried and unbalanced through the bullying tactics of the mental mind. This situation originates from our beliefs and stories about our lives.

**The emotional system and the immune system seem to be closely linked.**

## What can we do about stress?

**Treatment at Integrated Health Care** is your most valued investment in stress relief as we can rebalance your physical, emotional and mental systems which not only relieves symptoms but also gives you the opportunity to grow and learn in your life.

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Through our techniques we are able to tell you what the origins and the causes of your stress is and help you to heal yourself by challenging your beliefs and stories. Treatment over several sessions will make a big change to how you see yourself and your stressful situations. This leads to more frequent times of happiness and eventually to a state of peacefulness.

The treatment is specific and unique to each patient as we all live different lives with different experiences.

## What are things in life that help stress relief?

1. **Identify what is causing your major stress.** Treatment at **Integrated Health Care** can identify this. Knowing this we acknowledge that we are stressed and identify what it does to us. This helps us to understand ourselves and others and accept that there are always two and sometimes more viewpoints to any situation. From **acceptance** we can then move to **forgiveness** of ourselves and others, which in turn leads to **healing, happiness and peacefulness**.

Constantly people say that they want to be "happy". Happiness is a temporary state which can be achieved by choice. No one or thing can make you happy – only you can. In life we create times of happiness, times of sadness, interspaced with times of numbness. What we do with each of these mindsets is our choice!

The opposite to stress is peacefulness.

2. **Regular exercise** of your choice is a great stress reducer as endorphins (hormones in the brain) are released during and after exercise which make you feel good and content. Exercise is as much a mental/emotional release as it is a physical positive to improve circulation, detox etc.
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