



Celebrating **10 YEARS**
1999-2009 of Excellence

10 WAYS TO REDUCE YOUR STRESS!



DISCOVER
CHIROPRACTIC CENTER, PC

- 1 It's ok to say no to tasks you do not have time for.
- 2 Take a 10 minute walk outside to clear your head.
- 3 Leave work on time.
- 4 Lower demands you put on yourself.
- 5 Ask questions and communicate with family or coworkers.
- 6 Take care of taxing tasks in the morning to get them out of the way.
- 7 Look at large projects as a series of steps to complete one by one.
- 8 Live for today, don't dwell in the past or worry about the future!
- 9 Laugh at least once a day!
- 10 Take care of yourself...

Also, TO REDUCE YOUR STRESS VISIT US AT



DISCOVER
CHIROPRACTIC CENTER, PC

REGULARLY!!!