



5 CERTAIN ACTION STEPS

DURING THESE UNCERTAIN TIMES

COVID-19 STRESS SUPPORT FROM
YOUR FAVE CHIRO TEAM

1

Get Adjusted

Remember, as per Governor Evers' order, we are an essential healthcare service + we are OPEN to serve you! Every single adjustment helps to fine tune your brain's ability to coordinate healing throughout your body. How important is that right now?!

2

Do Your Own Research

Now more than ever it is important for you to make decisions based on the FACTS of the situation in your area. It's important to choose realistic non-biased sources to ensure you are not allowing outside incorrect sources to shade your judgment. (You may want to set some boundaries on your social media consumption).

3

Be Proactive

What can you do to plan out each week as much as possible to be geared towards health? We know it's easy to want to crawl under the covers + Netflix binge right now. Can you invest some time in meal planning, exercise planning, and mental health (meditation/journaling/etc)planning?

4

Keep In Contact

One of the healthiest things for your mind right now is CONNECTION! How are you staying in touch with the people that matter to you most? Can you plan an online game night? Do you need to FaceTime your bestie? Is it time to call your grandparents?

5

Get Some Fresh Air

There is something about getting out in nature that is extraordinarily healing for your body! We know it's getting a little colder again, but going for a walk, reading a book outside, having a picnic or just pushing your kiddos on the swings in your yard is going to help you move forward with the best possible mindset!