



Oldham Chiropractic Clinic

May 2018 Newsletter

It's May already!

Not only do we get 2 bank holiday weekends, but May also marks the beginning of the British summertime.

Some of our younger guests they won't quite be able to enjoy the sunshine just yet as many exams start in May.



Exams and deadlines can be stressful, learning to manage emotional stress is important for our overall health, it's just as important as good nutrition, sleep and exercise.

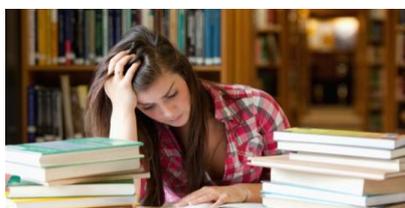
Here are some tips to help you manage feelings of stress and anxiety:

Try getting some Headspace - headspace is a free app that teaches you to practice mindfulness, listen to it for just 10 minutes every day to reap the benefits.

<https://www.headspace.com>

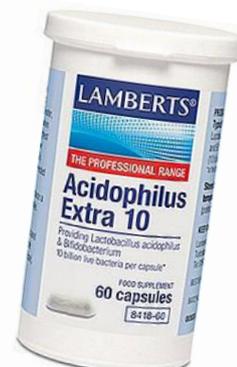
Keep a gratitude journal. List 3 things that you are grateful for every morning, this habit will help you to relax and think positively.

Make stress your friend. Research has found that stress may only be bad for you if you believe that to be the case. What if you viewed the signs of stress (heart pounding, breaking into a sweat, butterflies in the stomach) as signs that your body was energized and was preparing you to meet a challenge? Your stress response becomes healthier when you view it in this way.



Product of the Month

Acidophilus Extra 10 is a Probiotics which is used to improve digestion and restore normal flora. Probiotics have been used to treat bowel problems (such as diarrhoea, irritable bowel), eczema, vaginal yeast infections, lactose intolerance, and urinary tract infections acidophilus is a normal bacteria in healthy intestines, but you can reap a number of health benefits by taking it as a supplement or consuming foods that contain it.



Oldham Business Awards

We have been nominated 'Best Employer' in the upcoming business awards. All of the team members are attending the award ceremony on 11th May where the winner will be announced. Wish us luck!

Team Member of the Month



Dr Marina Papadimitriou

Team member of the month this month is the amazing Marina!! For stepping up to do additional tasks to help the team and for showing pure devotion and passion for what she does!

Competition Time

To celebrate National share a story month, we are giving away Afternoon Tea for 2 at Grandpa Greene's in Diggle

Write a review on our Facebook page, or, if you are in clinic there is a share your story board!

Simply write down your story or a word to describe you experience at the clinic and upload on Facebook or if you are in clinic, ask one of our fantastic Chiropractic Assistants to take your photo with the board and they will upload it on your behalf.

Winner will be drawn and announced 31st May 2018.

Don't forget to reserve a place for you and a friend at our Health Talk

Dates available at the front desk



Mental Health Awareness Month

Do you have good mental health?

We all have mental health, the question is, are you in good mental health? This is not just the absence of a mental health problem, just like the absence of pain does not mean you're physically healthy.



Good mental health is an asset that allows us to thrive and not merely survive. It's having the ability to think, feel and act in a way that allows us to enjoy life and deal with the challenges it presents.

65% of people say that they have experienced a mental health problem and when it comes to our minds, we are not getting healthier. It's estimated that by 2030 depression will be the biggest cause of illness on the planet.

It's not enough to just look after our bodies, we must also consider our mental health. Here are 10 top tips to improve your mental health:

1. Talk about your feelings
2. Keep physically active
3. Eat well
4. Don't use alcohol to manage difficult feelings
5. Keep in touch with friends
6. Ask for help
7. Take time for you
8. Do something you're good at, something you enjoy
9. Accept who you are and be kind to yourself
10. Care for others

Did you know there are over 30 diagnosed areas of symptoms that can be classed as being a mental health issue. Here are the most common

Anger - Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly. Everyone gets angry sometimes – it's part of being human. It isn't always a 'bad' emotion; in fact, it can sometimes be useful.

Anxiety and panic attacks - Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat.

Bipolar disorder - The term 'bipolar' refers to the way your mood can change between two very different states – mania and depression.

Depression - Depression is a low mood that lasts for a long time and affects your everyday life. In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live.

Eating problems - An eating problem is any relationship with food that you find difficult. Food plays an important part in our lives and most of us will spend time thinking about what we eat. Sometimes we may try to eat more healthily, have cravings, eat more than usual or lose our appetite. Changing your eating habits every now and again is normal. But if food and eating feels like it's taking over your life then it may become a problem.

Hearing voices - We might say someone is 'hearing voices' if you hear a voice when no-one is present with you, or which other people with you cannot hear.

People have many different experiences of hearing voices. Some people don't mind their voices while others find them frightening and distracting.

Loneliness - Feeling lonely isn't in itself a mental health problem, but the two are strongly linked. Having a mental health problem increases your chance of feeling lonely and feeling lonely can have a negative impact on your mental health.



Obsessive-compulsive disorder (OCD) - Obsessive-compulsive disorder (OCD) is an anxiety disorder. It has two main parts: obsessions and compulsions.

- Obsessions are unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind. They can make you feel very anxious (although some people describe it as 'mental discomfort' rather than anxiety).
- Compulsions are repetitive activities that you do to reduce the anxiety caused by the obsession. It could be something like repeatedly checking a door is locked, repeating a specific phrase in your head or checking how your body feels

Panic attacks - During a panic attack, physical symptoms can build up very quickly. These can include:

- a pounding or racing heartbeat
- feeling faint, dizzy or light-headed
- feeling very hot or very cold
- sweating, trembling or shaking
- nausea (feeling sick)
- pain in your chest or abdomen
- struggling to breathe or feeling like you're choking
- feeling like your legs are shaky or are turning to jelly
- feeling disconnected from your mind, body or surroundings

Self-esteem - Some of the experiences of low self-esteem can also be symptoms of mental health problems, such as:

- feeling hopeless
- blaming yourself unfairly
- hating yourself
- worrying about being unable to do things.

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TALK ABOUT YOUR FEELINGS
 EAT WELL
 KEEP IN TOUCH
 TAKE A BREAK
 ACCEPT WHO YOU ARE
 KEEP ACTIVE
 DRINK SENSIBLY
 ASK FOR HELP
 DO THINGS YOU ARE GOOD AT
 CARE FOR OTHERS

PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH