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## **Burn-Out!**

(Initially written for the Holiday Season, burn-out can occur any time of year!)

Now that the hustle and bustle of the Holiday Season has ended, are you ringing in the New Year rather sluggishly? You are not alone! Often at the end of stressful periods, many of us experience a condition known as “burn-out”.

### **Common Causes and Symptoms**

Burn-out occurs during and after emotionally taxing situations, such as disease, the death of a loved one, marriage/divorce, a career change, relocation and/or holidays. Even though some of these are pleasurable experiences, they all can deplete our physical energy and change positive attitudes. Fatigue, irritability, unprovoked bouts of crying, increased or decreased appetite, shorter attention span, lip biting and/or insomnia are common signs of burning out. Do you have a difficult time saying “no” which leads to taking on too much responsibility? Conversely, are you too reliant on others, making you a victim of dependency?

### **Solutions**

It is impossible to live a stress-free existence. Therefore, we must develop the capability of handling difficult situations. We must recognize our physical and emotional limitations and ask what we need rather than placing others needs first. A positive mental attitude, adequate rest, proper nutrition and regular exercise are among the many stress-reducing activities in which we can engage. Chiropractic neurology treatments have also been proven to be an excellent means of alleviating stress.

Manipulation increases the production of pain killing hormones. They, at times, create a “top-of-the-world” feeling and assist in transporting energy from the blood to the tissue. Adjustments calm nerves which decrease muscle tension. This restores mobility and provides a feeling of ease with our daily activities. Although spinal adjustments are not an end-all for the relief of stress related symptoms, neuroscientists are discovering what Chiropractors have known for decades – manipulation is more than just treatment for back pain.

In Health,

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