



HAPPY NEW YEAR!

Issue # 07-1

Newsletter Date: January 2007

## Top 10 New Year's Resolutions

As the new year approaches, many people find themselves making promises to make positive changes in the upcoming year. Many look to the changing calendar as a chance for a new start. The most popular resolutions (as found by online searches) include:

- 1) Spend more time with family and friends
- 2) Improve fitness
- 3) Lose weight
- 4) Quit smoking
- 5) Enjoy life more
- 6) Quit drinking
- 7) Get out of debt
- 8) Learn something new
- 9) Help others
- 10) Get organized



### On the other side:

Thank You

Stress & Relaxation

Even though many of us make resolutions with the purest of hearts and the desire for positive change, many people do not actually stick with their promise and feel like they have "failed" later in the year. According to mental health experts and personal coaches, only 30% of people actually stick with their resolutions for more than 2-3 months.

Some strategies for improving your chance of success for these resolutions include:

- 1) Put thought into the resolution—do not simply make a hasty decision to make life altering changes at the last minute
- 2) Be realistic with your resolution and be specific—don't simply resolve to "lose weight" - resolve to lose 15 pounds by June. This is a more tangible goal.
- 3) Do not make an "all or nothing" resolution. These are already a recipe for failure. Make smaller goals with progressions throughout the year. Instead of saying "I'm

going to get in shape" - say "I'm going to exercise 1-2 days a week more than I am now by May, then add another 1-2 days by September, etc. Make the goal more tangible.

- 4) Put a deadline on the goal. If you resolve to quit smoking, resolve to quit smoking by Valentine's Day. That way you have a little time to cut back, seek help, etc. without thinking that you have all year and that you'll quit "tomorrow."
- 5) Make a well-defined plan of attack. If you are wanting to get out of debt, meet with a financial advisor and figure out how much you have to save each week/month to achieve that goal.
- 6) Don't give up! All of us will hit road blocks along the way, but don't let that stop you completely. Identify the block, and get back into your plan.
- 7) Find a partner with a similar resolution and work together. If you are wanting to get into shape, find a

work-out buddy to go to the gym with.

- 8) Find helpful resources—if you are wanting to make changes in your body and/or health, look to those who are knowledgeable in those areas. Ask for help and usually you'll get it. Getting the correct information will get you on the right track!
- 9) Reward yourself along the way. Since weight loss is a popular resolution—make "mini goals" so that you have something to celebrate along the journey.

Remember, New Year's resolutions are intended to help people make positive changes in the year ahead, however, these changes should be overall way of life changes, not simply short term goals. Look to 2007 with excitement and hope that your new goals and dreams will be achievable. If you hit a block, that is okay, but work towards your new goals daily, with energy and focus!

GOOD LUCK!

## LifeArts - Howard Chiropractic,

P.O. 10 South 6th Street  
Plattsmouth, NE 68048

Phone: 402-296-2196  
Fax: 402-296-2197  
E-mail: lifearts@alltel.net



Website:  
[Lifearts.8k.com](http://Lifearts.8k.com)

### Office Hours:

**Monday:**  
7:30-4:00

**Tuesday:**  
8:00-6:00

**Wednesday:**  
9:00-3:00

**Thursday:**  
8:00-6:00

**Friday:**  
9:00-5:00

**Closed from**  
**11:00-12:00 for**  
**lunch**

## Thank you from Dr. Howard

To everyone in this community and surrounding area, I would like to say "thank you." As of January 12, 2007, LifeArts—Howard Chiropractic has been open for one full year. It has been a very exciting and interesting year for me, and I obviously could not have remained open without the support and trust of the people of this area.

There have been a few changes throughout the year, but they have been positive additions to the practice. During the summer of 2006, I added acupuncture

as an additional treatment option. With the addition of acupuncture, the office changed a bit with the addition of a new room for which to have people rest in while they are receiving their acupuncture.

I do truly feel that this community is a great fit for my practice, and I hope to be able to provide my best care to everyone here for a very long time.

Again, thank you for the past year. It has been wonderful, and I am excited to have many more years here!

If you have any topics you would like Dr. Howard to address in the newsletters, in a class/seminar, etc. please let her know. She is planning her 2007 calendar and welcomes the opportunity to provide wanted information to the community. If you have any need of a speaker for a class, luncheon, organization, etc., again, Dr. Howard would be happy to make arrangements with you.

## Stress & Relaxation

Stress is a "normal" part of our lives and jobs. According to the 2000 "Attitudes in the American Workplace VI" Gallup Poll:

- 80% of workers feel stress on the job
- 50% of workers say that they need help learning to manage stress
- 25% have felt like screaming or shouting because of job stress

Other polls report:

- 62% of workers find that they have work-related neck pain by the end of the day
- 38% complained of pain in the hands
- 34% have difficulty sleeping due to work-related stress

- 12% have called in sick due to job stress

A survey of 800,000 workers in over 300 companies states that the number of employees calling in sick due to stress has tripled between 1996-2000. Occupational pressures are believed to be responsible for:

- 30% of workers suffering from back pain
- 20% of workers feeling fatigued
- 13% of workers complaining of headaches

Common signs of stress at work include:

- irritability
- Tiredness
- Indecision

- Increased use of caffeine, alcohol, tobacco
- Depression
- Headaches
- Stomach problems / bowel problems

Many of us experience these symptoms regularly. However, how we learn to deal with stress is important to our overall health and well being.

Learning some simple stress reducing activities and relaxation techniques is important to maintain our health and personal lives. Our loved ones know when we are under a great deal of stress, and often times it is those loved ones who suffer the most from the stress that we encounter.

The most important aspect of relaxation techniques and/or stress management is actually practicing your plan. Whether you choose to meditate, do yoga, exercise, use visualization or guided imagery, deep breathe, etc. is up to you. However, you have to practice your choice in order for it to effect your body.

Dr. Howard is a firm believer in stress management and relaxation. If you are interested in a meditation / relaxation seminar, please let her know. She is planning out the new year and is looking to offer several opportunities for the community to learn about healthy living!