

HOWE  
*Sound*  
PHARMACY



# Sound Advice

*...from your Neighbourhood Pharmacy*

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**Regular Hours**  
We are open to serve you ~  
**Monday to Friday:**  
9 am to 5:30 pm  
**Tuesday:**  
9 am to 7 pm  
**Saturday:**  
9 am to 12:30 pm

**825 Gibsons Way**  
**Next to Gibsons' Medical Clinic**  
**Tel: 604-886-3365**  
**FREE DELIVERY !**

*We offer~*

- Compliance Blister Packaging
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  - Health care consultations
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  - S.A.D. Therapeutic Lights
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- We are~*
- A Health Information Source
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## STRESS ~ THE GOOD AND THE BAD



There is so much talk about stress these days and the many ways it can affect health. But what exactly is stress? It is the way you react physically, mentally and emotionally to various conditions, changes and demands in your life. Stress is unavoidable, and in fact it is good to have some stress. By learning how to deal with it in ways that make you feel more in control, you may be able to improve your health, your relationships, your job and your outlook on life.

- Some people are more stress resistant and studies have shown that these people have;
1. A strong commitment to self, work, family and other values.
  2. A sense of control over their lives.
  3. The attitude that change is a challenge, not a threat.
  4. A strong network of support and close relationships.

When you have stress, the heart rate increases, blood pressure goes up, breathing is more rapid, digestion slows down, perspiration is more heavy, the pupils dilate, and a rush of strength is felt. In other words, you are ready for action.

Problems occur when the brain fails to give the all-clear signal. When the alarm state lasts too long, you begin to suffer from the consequences of constant stress.

When symptoms of stress appear, recognize them and find a way to deal with them: headache, stiff neck, nagging backache, sweaty palms, upset stomach, increased pulse rate, feeling jumpy or exhausted all the time, irritability and intolerance of even minor disturbances.

The key factors in helping you manage stress are a healthy diet, getting regular exercise and especially getting enough sleep. In fact some people feel before Edison invented the light bulb, we slept nine hours per day instead of seven!

Other factors to reduce stress are to avoid drugs and tobacco, and drink alcohol in moderation.



How to deal with stress:

1. Express yourself. By expressing those feelings to others, you may be able to understand and cope with them better. Talking about a problem with a person close to you is a valuable way to reduce tension and stress. Writing, crafts or creating art of some form may also be a good tension reliever.
2. Cry. This can relieve tension and is a part of our emotional healing process
3. Physical Activity. This is the single best approach to managing stress. Walking briskly will release pent up energy.
4. Be kind to yourself. Doing things you enjoy can contribute to an overall feeling of balance in your life and help reduce stress.

*Working with you towards a healthier lifestyle.*

HOWE  
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*More about our  
Services...*

*Lifestyle Consultations*

You are invited to visit the Howe Sound Pharmacy for a Lifestyle Consultation. We'll discuss diet, exercise, sleep and other health issues that impact our lives.

We'll talk about how to incorporate these factors into your daily routine. We can also refer you to personal trainers and other resources such as a gym, sports store, classes or other professionals.



**Methods of Relaxation**

Try these once or twice a day for about twenty minutes each time. Pick a time and place where you will not be distracted. Once you get the hang of it you will be able to produce the same relaxed state whenever you want.

**Roll Breathing:** Lie on your back, with your knees bent. Breathe deep into your lungs so your stomach goes up and down as well as your chest. Always inhale through your nose and exhale through your mouth. When you exhale feel the tension leaving your body, as you become more and more relaxed. Do this for about five minutes. After you practise for several weeks you will have an instant relaxation tool any time you need one. \*\* Be careful as some people get dizzy the first few times they try this. Get up slowly.

**Progressive Muscle Relaxation:**

Deep muscle relaxation reduces muscle tension and general mental anxiety. Tense each of the following muscle groups for up to ten seconds. Then give yourself twenty seconds to relax:

- Hands - Clench them.
- Wrists and forearms - Extend them and bend the hands back at

the wrist.

- Biceps and upper arms - Clench our hands into fists, bend your arms at the elbows, and flex your biceps.
- Shoulders- Shrug them
- Forehead - Wrinkle it into a deep frown.
- Around the eyes and bridge of the nose - Close your eyes as tightly as possible.
- Cheeks and jaws - Grin from ear to ear.
- Around the mouth - Press your lips together tightly.
- Back of the neck - Press the back of your head against the floor.
- Front of the neck - Touch your chin to your chest
- Chest - Take a deep breath and hold it; then exhale.
- Back - Arch your back up and away from the floor.
- Stomach - Suck it into a tight knot.
- Hips and buttocks - Squeeze your buttocks together tightly.
- Thighs - Tense them.
- Lower legs - Point your toes toward your face, as if trying to bring your toes up to touch your head. Then point your toes away and curl them downward at the same time.

\*\*When you are finished return to alertness by counting to ten.

**Relaxation response:**

Lie down in a place where you can stretch out comfortably. Close your eyes. Begin progressive muscle relaxation. (as above) Become aware of your breathing. Each time you exhale say a word or phrase. Do this for up to twenty minutes. As distracting thoughts enter your mind, don't dwell on them. Allow them to drift away. Sit quietly for several minutes until you are ready to open your eyes. Notice the difference in your breathing and your pulse rate. Don't worry about becoming deeply relaxed. The key to this exercise is to remain passive, to let distracting thoughts slip away like waves on the beach.

## The "History" of Stress

Stress has become such an ingrained part of our vocabulary and daily existence, that it is difficult to believe that today's use of the term originated just over fifty years ago, when it was "coined" by Dr. Hans Selye. Over a lifetime of medical research, he proved that our daily lives are influenced by two different kinds of stress: pleasant stress contributing to wellness and unpleasant stress contributing to disease and sickness. In 1979 he co-founded the Canadian Institute of Stress, which offers programs, consultation and tools for workplaces and individuals, and certification training for professionals. (www.stresscanada.org). *Time* magazine's June 6, 1983 cover story called stress *The Epidemic of the Eighties* and referred to it as a leading health problem. Today, it has been estimated that 75-90% of all visits to primary care physicians are for stress related problems.



Perhaps the best general approach for treating stress can be found in the passage by Reinhold Niebuhr. "Grant me the courage to change the things I can change, the serenity to accept the things I can't change, and the wisdom to know the difference."

*Health care for your body and mind.*