



Staying in Touch

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WELLNESS NOTES From Jacky

Happy Holidays!

Are you ready for the busy holiday season? There's always so much to do, and you hate to miss out on any of the excitement. Just be sure to listen to your body when it tries to tell you not to push yourself too hard.

Remember, you can simplify your gift shopping and put some smiles on your loved ones' faces with massage gift certificates. Who doesn't love a good massage?

Often, the best part of this time of year is catching up with all those special friends and family members we don't get to spend enough time with during the year. I hope you have plenty of opportunity to visit with those people who mean the most to you.

Thank you for allowing me to help you improve your health with bodywork. It means a lot to me to provide massage services to you and hopefully make your life less stressful and more pleasant. I hope I can continue to be a part of your "health team" in the coming months and years.

Have a wonderful season, and I look forward to seeing you soon!

Take a Holiday from Stress with a Massage!

A big challenge you face during the holiday season is how to balance accomplishing everything you'd like to do and avoiding wearing yourself to a frazzle in the process. Where do you draw the line?

Here are a few thoughts:

Be selective. The more you take on during the holiday season, the more likely you'll over-stress your system. Ask yourself how important each function or "obligation" on your schedule really is.

Review all the events, parties, etc. on your calendar for the season and designate each one "must attend," "optional," etc. Sure, you might want to do it all, but consider just how much you can handle. If you do take on too much, you have to face the consequences.



Plan ahead. Many of the season's overindulgences can take place because you haven't decided ahead of time on certain guidelines to follow. Rather than leaving things to chance, before you hit the holiday party circuit, set some limits on how many holiday goodies you'll consume.

Make time for a massage (or two). An hour invested in a relaxing massage can help to recharge your body and spirit, as well as make a major difference in keeping you de-

stressed and healthy. With so much going on, the last thing you need is to fall ill in the middle of all the festivities!

So, take good care of yourself during the hectic holiday season and call to schedule your next massage appointment. See you soon!

Stressed-Out Women Want Massage

"American women are more stressed out than ever—and a third of them think that massage is one of the most effective ways to relieve their stress.

"In a new national survey, 57 percent of women surveyed report they have experienced a significant increase in stress over the past five years. Almost all women surveyed (91 percent) indicate that if they could find 10 minutes of free time daily to alleviate stress, it would improve the rest of their day. One-third say that one of their most effective ways to relieve stress is by receiving a lotion or oil massage.

"While stress impacts women in many ways, 65 percent report they experience tight muscles when stressed. Furthermore, 51 percent of women say stress prevents them from looking their best and 24 percent experience dry, itchy skin as a result of stress. ...

"The survey was conducted by Caravan Opinion Research Corporation for Johnson & Johnson skin-care-product manufacturer." (Massage Magazine, Iss. 135)

Take a Holiday from Stress with a Massage!

(continued from front page)

Five Simple Ways to Reduce Stress

Excerpted from "A Year of Health Hints"

365 Practical Ways to Feel Better and Live Longer by Don R.

Powell, Ph.D.

Health Hint #156

Sometimes stress is subtle. But very often, stress practically hits you in the face. When that happens, practice these easy techniques.

- Get some physical exercise. A quick walk around the block frees your mind from what's bugging you, gets your blood circulating, and boosts flagging energy levels. Regular exercise—with a green light from your doctor—is even better.

- Take a warm bath or shower, which tends to relax tense muscles and calm nerves.

- Talk over your troubles with a friend, relative, or professional counselor. A "sympathetic other" can sometimes help you to see a problem more clearly—or help you think of practical solutions.

- Count to ten when you're so upset you want to scream. It buys you time, so you can reflect on what's bothering you and calm down.

- Pour yourself a cup of warm herbal tea. Sip it slowly and savor its soothing warmth and aroma.

This article has been taken from A Year of Health Hints: 365 Practical Ways to Feel Better & Live Longer, a book published by the American Institute for Preventive Medicine.

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