
ASCEND NEWSLETTER

Think Well | Be Well | Eat Well | Move Well | Live Well



Welcome to the Ascend Chiropractic and Wellness Newsletter! We're very excited to create this monthly newsletter for our community members. We want our community to achieve optimal wellness, which entails more than just chiropractic care. We hope to educate and motivate everyone towards healthy decisions to live a happy and healthy life.

Happy Holidays!

'Tis the season for joy and cheer! However, it's easy to get caught up in the stress and chaos the season brings. Here are a few tips to balance the holiday stressors and enjoy this time of the year:

1. **“I can't get it all done”** The entertaining, shopping, travel, and myriad other tasks that accompany the holidays can feel like too much. If you are feeling pulled in too many different directions, take a moment to slow down. Plan menus and consider gift ideas ahead of time. Make lists of the items you need and give yourself a few days to add anything you may have forgotten before heading out into the crowds. By organizing and grouping tasks together, you can minimize the stress of multiple trips to the grocery store or mall and avoid last minute scrambling.
2. **“I can't afford this”** Set a strict budget. Do this by determining how much you can spend on each person when you are making your gift lists. Some ways you can save money on gifts is by proposing secret santa gifts in your friend group, draw names from a hat and buy gifts for only one family member, and try some handmade gifts like baked goods or a photo album. You can always give the gift of time by babysitting for a friend or helping grandma clean her attic. It's free and often the most thoughtful present you can give!
3. **“I can't stand my family”** Families feel compelled to come together in peaceful harmony... Whether they like it or not! If your family is like most families, some family members can be mildly irritating, boastful, or opinionated, use this opportunity to practice your coping and communication skills. Pick your battles—do you really want to argue about politics with the whole family watching? Let it go for one day. If you need to sort through personal differences, find another time when you can discuss these things privately. For the day, walk away and take a break if that works best. Set the tone by not criticizing others and to accept your family for who they are-likely imperfect-but family nonetheless!

Working in those Workouts

As December only gets busier throughout the month, it's hard to find time to take care of yourself. Here are a few tips to work in those workouts:

1. A little is better than nothing. Whether it's 10 minutes at work, or 20 minutes before the kids get home, walk a couple rounds around the office or up and down the stairs.
2. Get the most out of your chores. Whether it's laundry, dishes, or any other household chore you do, you are being physically active and burning calories. Keep accomplishing those weekly chores!
3. Multi task: For tasks that don't need your undivided attention, why not do them while being active? You can still stretch or do yoga while you're on that business call!

Tip of the Month



Before we get bombarded by more snow, it's important to shovel using the correct muscles with the correct posture. While pushing snow, keep your back straight, arms straight ahead, and use your legs to push. When you have to scoop snow, avoid using your back for this task by squatting and using your legs to lift. Keep one hand closer to the shovel blade to have better leverage while you scoop.

Sign up for an appointment today at:

ascendchiropracticmn.com

or call:

952-300-2050