

# Got Stress?

Did you know that persistent, chronic, low-level stress is today's greatest challenge to our health and well-being?

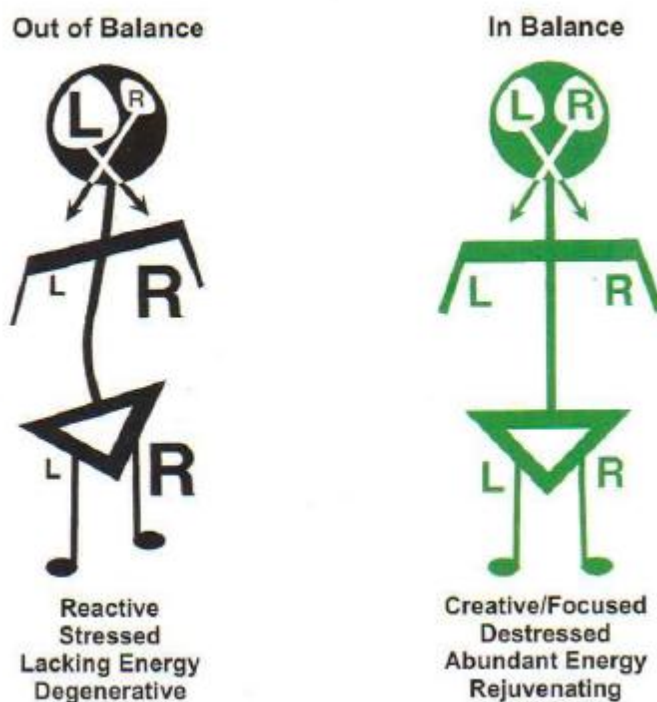
## How Stressed Are You?

**Not Stressed:** I feel Terrific, Happy, Peaceful, Focused, Connected, Strong, Relaxed, Inner Directed, Really Centered, Energized.

**Quite Stressed:** I feel "OK", Anxious, Nervous, Off Centered, Fragmented, Defensive, Weak, Tension, Tilted/Twisted, Depleted.

**Seriously Stressed:** I feel Bad, Sickly, Agitated, Unfocused, Separated, Weaker, Outer Reactive, Very Tense, Distorted, Tired, Drained.

**Extremely Stressed:** I feel Terrible, Frustrated, Confused, Disconnected, Empty, Resentful, Depressed, Exhausted, Off Center, Weakest, Tight, Hurt.



We were never meant to deal with prolonged, chronic, unrelieved stress. The person who experiences persistent stress day after day is tense, off center, and out of balance. A national study suggests that better than 90% of the adult population is in this negative, unrelieved stress state. Unrelieved stress stimulates the perpetual release of the hormones adrenaline and Cortisol which wear n tear the body/mind and creates acid in our bodies. The more stress,

the more of these hormones are produced. This distorts our thinking and ravages our bodies causing adrenal gland fatigue, chronic fatigue syndrome, fibromyalgia, weight gain, and depression.

Stress causes an enormous amount of Life energy wasted on staying in a defensive "fight or flight" survival state. Little energy is left to experience a Happy and Fulfilling Life. Negative, fearful thinking predominates, and leads to Anxiety, Depression, Pain and Illness. It fragments us and holds us back from expressing the creative, better, joyful part of ourselves.

The more stressed we are the less ability we have to express mental, emotional and structural balance, strength, self-actualization, and inner-peace. The longer we remain in a stressed state, the less open we are to wholeness, harmony, and happiness in our lives. This allows for our bodies to enter a dis-eased state displaying emotional, physical and spiritual pains and symptoms, and ultimately allowing for Disease.

**JONES WELLNESS CENTER helps you relieve stress and reconnects you to achieve balance and a greater life expression for better Health!**

## **Jones Wellness Center**

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