



Stress Management Therapy

Dr. Mark Schillinger, DC

How Stress Affects Your Body and Mind

In this lifetime, you can't avoid having anxiety-producing experiences. You may be experiencing stress due to financial hardships, difficult relationships, intense workloads, emotional upset, raising children and difficulties with time management skills.

Without knowing how to control your habitual reactions to stress, your brain will cause the secretion of harmful stress hormones (adrenaline and cortisol), which makes your muscles painful, your organs malfunction and your mind become anxious or depressed. Since 80% of all illness is caused by stress, many of the symptoms you suffer can be reduced or eliminated just by having the right stress management skills.



How Dr. Schillinger Can Help You

For the past four decades, Dr. Schillinger has organized the best insights of Eastern philosophy, brain-science and Western psychology into understandable concepts and practical stress reduction methods that only take a few seconds to do. Using the latest research in the fields of epigenetics (how your thoughts affect your genetic health), and neuroplasticity (how to rewire your brain with clear, positive beliefs and creative, productive behaviors), Dr. Schillinger can dramatically help transform your negative, destructive thoughts into greater mental calmness and happiness.

Dr. Schillinger will show you how to use your stress as an opportunity to:

- ❖ quickly calm your mind
- ❖ develop patience and self-acceptance
- ❖ eliminate harmful patterns in your life
- ❖ improve your relationships
- ❖ energize your brain
- ❖ focus your attention
- ❖ re-program your subconscious mind
- ❖ make clearer decisions
- ❖ effectively manage your time
- ❖ sleep better

Main Benefit of Stress Management Therapy

By practicing simple stress reduction techniques that only take a few minutes a day, you'll enjoy more emotional well-being and a deeper peace of mind, *regardless of what's happening in the environment around you.*

What Happens During a Stress Management Session?

Every meeting offers you principles and practices that will help you understand how your mind works and how to direct it with more calmness and focus. Using scientifically proven stress management methods, Dr. Schillinger will help you to immediately convert your “fight or flight” reactions to stress into positive responses based on your true values.

Each visit includes open discussion and stress management instruction (including handouts), so that you’ll have insightful tips and potent techniques that work, even if you have the busiest of schedules.

Guaranteed: Dr. Schillinger Will Find Ways That Will Work for You

Many people are afraid that their minds are so busy that they won’t be able to learn how to relax. Because of his expertise with so many healing methods and his ability to teach a wide variety of stress management systems, Dr. Schillinger will tailor a set of techniques that are best suited to your interests and abilities.

This is a list of the practical solutions offered:

- ❖ Mindfulness-Based Stress Reduction
- ❖ Controlled Breathing
- ❖ Meditation
- ❖ Guided Imagery
- ❖ Self-Inquiry
- ❖ Autogenic Training
- ❖ Progressive Relaxation
- ❖ Anger Management
- ❖ Gratitude Affirmation
- ❖ Time Management

* For more detailed information about each technique visit the website at:
Schillinger-Chiro.com/stress-management-techniques/

Recognized Expert in Stress Management

Dr. Schillinger’s, RIGHT Way for Stress Management method has been approved as a California Board Certified Continuing Education course for chiropractors and acupuncturists called, “Adjusting the Mind Seminar”. The 12 hour course shows health care practitioners how to use Dr. Schillinger’s stress reduction techniques both for themselves and for their patients.

Schedule a Free Consultation

To see how Dr. Schillinger can help you with his stress management services, schedule your free 15 minute consultation. Call (415) 491-0959 or email us at Schillinger.Chiropractic@gmail.com.

BONUS

Included in your first sixty-minute session, you’ll receive a free copy of Dr. Schillinger’s stress reduction CD, [Ethereal](#), which features his original mind – calming music.

