

# Autumn is all about Transformation...

From the leaves of the trees to amount of daylight after the autumn Equinox (September 23), the planet is transforming to a calmer, more peaceful state. As humans living on this planet, so must we.

In this newsletter we explore techniques we can all use to reach a calmer state as well as the transformations the clinic has been going through.

## What's Transforming at Uxbridge Chiropractic?

- ♥ The clinic has had a bit of a facelift! A new notice board, a space for Pilates students to store their mats in, bright cushions... and that's just the beginning! Keep an eye out - you may notice lots of exciting new changes soon!! (You wouldn't want us to tell you *all* of our secrets and ruin the surprise now, would you?)
- ♥ On Friday September 25<sup>th</sup> the front room was transformed into a space for our MacMillan coffee morning! Thanks to your generosity we were able to raise a total of **£106.39**! What a wonderful day filled with deliciousness and for giving and caring community. THANK YOU!!!

Would you like to follow the patterns of the season and invite more calm into your life? Read the boxes below to learn some calming techniques.

**BONUS:** Do our word search on the attached blue page to promote calm while looking for other ideas you can use (if you so desire)!

### Let it Go

Journal, talk to a friend, give someone a hug (pets love them!), practice Qi Gong or tell yourself 'Thank you for holding all of these thoughts and emotions. They no longer serve me. I'm going to count backwards from 10 and when I get to 1, they will all float away'. Then slowly count back from 10 and release.

### Body Relaxation

When your body feels good, it's much easier to relax your mind and your body. Chiropractic treatments and massages can help your body feel at its best.

As a bonus, Ali practices aromatherapy which can help stimulate smell receptors in the nose that connect to the part of the brain that regulates emotions.

### Move!

Dance to your favourite music, walk, exercise, run on the spot or do some yoga/stretching. Release endorphins, get some 'me' time and release muscle tension.

### Inner Peace

Think you can't meditate because you can't shut your mind off? Think again.

A technique called GAAWO (Gently Alert Attention Wide Open) can help you calm your mind.

Want to try it?

As you read the words on this page, relax your gaze and let your field of vision spread to the left and right. Do not look directly at anything to your left or right.

Instead, use your peripheral vision to simply notice what is there. At the same time, use your peripheral vision to notice what is also upwards and downwards.

It may be blurry but experience what it feels like to open your attention wide open.

You may notice a quieter mind.

## HAVE YOU SEEN THIS?



You may have noticed a bright little helper around the clinic- our new stability ball!

...but **why** would you sit on it?

“Active sitting” on a ball may engage your postural muscles and allow you to experience the benefits of movement while remaining seated. A stability ball should NOT replace your chair at work, but under the right conditions could be used to increase your balance, stability and strengthen your core muscles. If you do use a ball to sit on:

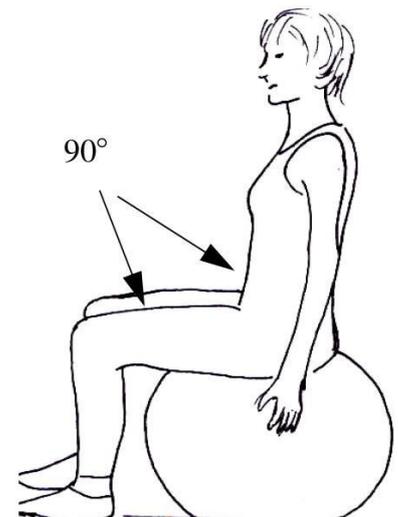
- ♥ Use the ball only for short periods
- ♥ Use your abdominal, back and side muscles to maintain straight posture
- ♥ Stop when your muscles feel tired

Sitting on a ball instead of a chair can actually increase the pressure on your back, especially if your core muscles aren't strong. So, sitting a long time on the ball may lead to greater discomfort in your lower back. Do not use a ball if you experience sudden changes in blood pressure, have osteoporosis, balance or low back problems.

### Instructions:

- Purchase the ball right for your height (and your desk!) See table.
- Sit on the ball with feet flat on the floor and the hips and knees at a 90° angle (See figure)
- Hips should be slightly higher than the knees (1 or 2 inches)
- Engage all of your core muscles to maintain a straight posture
- Build up to sitting for periods of 20 mins (only sitting on the ball for as long as comfortable)
- Once you can sit comfortably for 20 mins, use the ball several times a day

Your Height	Ball Size
Under 4'6"	30 cm (12 inches)
4'11" – 5'4"	45 cm (18 inches)
5'1"-5'7"	55 cm (22 inches)
5'8"-6'2"	65 cm (26 inches)
Over 6'2"	75 cm (30 inches)



Merritt LG, Merritt CM. The gym ball as a chair for the back pain patient: a two case report. J Can Chiropr Assoc. 2007;51(1):50–55.

This information has been provided by the Ontario Chiropractic Association, American Chiropractic Association and the Journal of the Canadian Chiropractic Association.

## Find Your Calm Technique(s)

R L V L B F L X L I S X O S T  
O Z B I V Q R A J H I I E W E  
E R U S S E R P U C A Y T U A  
A L B E L U S V E G E Z A R C  
R M A A S T A Z W R H G T H M  
O U X Y R I I L U J N B I E A  
M S S E D N C O I O E R D L S  
A I T N A O Y R G Z O G E Z S  
T C H G F E W I E P A H M Z A  
H U R O S H Q N R X T T J U G  
E O C O B R E A T H E C I P E  
R M L A C J C E L D D U C O T  
A C O U N T B A C K W A R D N  
P K R G I D A N C E Q K E Y X  
Y Q C C W A L K L A O P G R T

ACUPRESSURE  
CALM  
COUNT BACKWARD  
EXERCISE  
MASSAGE  
ORGANIZE  
READ  
STRETCH  
WALK

AROMATHERAPY  
CHIROPRACTIC  
CUDDLE  
LAUGH  
MEDITATE  
PUZZLE  
RELAX  
TEA

BREATHE  
CLOSE YOUR EYES  
DANCE  
LAY DOWN  
MUSIC  
QI GONG  
SIT  
VISUALIZATION