

♥ HAPPY
Valentine's
DAY ♥

February is the shortest month of the year but as the lighter mornings and warmer days start to roll in it's a great time to remind yourself of your new year's resolutions. What goals did you set in January? Are you still working towards them or have you already achieved them? Refocus yourself this February and remember to ask your Chiropractor to help you with any health goals you might be looking to achieve this year.

VALENTINES DAY COMPETITION



Simply log into Facebook. Write a review and recommend Oldham Chiropractic Clinic to your closest friends and family. The most amazing recommendation with win the luxury hamper



Oldham Chiropractic Clinic



Oldham_Chiropractic

For the month of February, we are offering 15% off all massages! You must quote "VALENTINES MASSAGE OFFER" at the point of booking.

We also have gift bags at reception, packed with the essentials you may need.

The Gift of Massage costs £50. Please ask one of our friendly team if you need more information. The gift of wellness costs £40.



NOTICE BOARD

The new dates are out for our health workshops. This is a great opportunity to learn how chiropractic care can help you **GET WELL** and **STAY WELL**. You will have the opportunity to ask any questions you may have and how we work at Oldham Chiropractic Clinic to help you achieve your best results for both new and existing guests.

- Saturday 15th February (13:00)
- Saturday 29th February (13:00)
- Wednesday 4th March (19:00)

PRODUCT OF THE MONTH

When buying any supplement make sure it is a good high-quality product? We have processed food in our society which we know is detrimental to health, but we also have processed supplements as well. They contain nasty synthetics that hinder our health, instead of aiding it. This wintertime why not try and beat that cold by helping your immune system and supplementing with **vitamin D**, not only does vitamin D give your **immune system** a boost, but it also helps with depression and can boost weight loss as well.



TEAM MEMBER OF THE MONTH

Iona

Iona was voted our team member of the month as she has shown she is super determined and very helpful within the team. She has shown strength during a difficult time in her life, juggling shifts and admin and started her 2nd year at uni. She has also helped train our new CA's, showing true team spirit!



MENTAL HEALTH IN CHILDREN

Mental health problems affect about 1 in 10 children and young people. They include depression, anxiety and conduct disorder, and are often a direct response to what is happening in their lives.

Alarmingly, however, 70% of children and young people who experience a mental health problem have not had appropriate help at a sufficiently early age.

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Things that can keep children and young people mentally well include:

- Being in good physical health, eating a balanced diet and getting regular exercise.
- Having time and the freedom to play indoors and outdoors.
- Less screen time (phones, tablets and games)
- Being part of a family that gets along well most of the time.
- Going to a school that looks after the wellbeing of all its pupils.
- Taking part in local activities for young people.

Other factors are also important, including:

- Feeling loved, trusted, understood, valued and safe.
- Being interested in life and having opportunities to enjoy themselves.
- Being hopeful and optimistic
- Being able to learn and having opportunities to succeed.
- Accepting who they are and recognizing what they are good at.
- Having a sense of belonging in their family, school and community.
- Feeling they have some control over their own life.
- Having the strength to cope when something is wrong (resilience) and the ability to solve problems.

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today – than 30 years ago. That's probably because of changes in the way we live now and how that affects the experience of growing up.

9 things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?

Mostly things that happen to children don't lead to mental health problems on their own, but traumatic events can trigger problems for children and young people who are already vulnerable. Changes often act as triggers: moving home or school or the birth of a new brother or sister, for example. Some children who start school feel excited about making new friends and doing new activities, but there may also be some who feel anxious about entering a new environment. If they have a warm, open relationship with their parents, children will usually feel able to tell them if they are troubled. One of the most important ways parents can help is to listen to them and take their feelings seriously. They may want a hug; they may want you to help them change something or they may want practical help. Children and young people's negative feelings usually pass. However, it's a good idea to get help if your child is distressed for a long time, if their negative feelings are stopping them from getting on with their lives, if their distress is disrupting family life or if they are repeatedly behaving in ways you would not expect at their age.

Chiropractic deals with maximizing the health of the nervous system. Emotional and psychological health are greatly affected with chiropractic care because they are controlled through the nervous system. Recent studies remark on the improvements in the autonomic nervous system with chiropractic care. Other studies are showing that following adjustments people are more relaxed due to hormonal changes in oxytocin, cortisol and a few other important hormones noted only in groups following chiropractic adjustments. Studies today show improvements in blood flow to the brain following upper neck adjustments. This increased blood flow plays a large role in the healing of and restoration of mental health. Thousands of case studies and testimonials have confirmed that chiropractic care can help.

when you feel ANXIOUS

@POSITIVELYPRESENT

- GO OUTSIDE
- ASK FOR HELP
- CREATE SOMETHING
- DRINK WATER
- WRITE ABOUT HOW YOU FEEL
- TAKE A DEEP BREATH
- LISTEN TO SOOTHING SONGS
- STAY PRESENT
- FIND A POSITIVE DISTRACTION