

TSAWWASSEN MASSAGE THERAPY CLINIC

servng the community for over 20 years

604-943-9677

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Check out our new website : tmtclinic.com

IN THIS ISSUE:

- 1) Holiday Greetings from TMTC
- 2) Feature Article: **Merry Stress-mas?**
- 3) Q & A- **Christmas Gift Certificates?**
- 4) About Tsawwassen Massage Therapy Clinic

1) HOLIDAY GREETINGS!

All of us at the Tsawwassen Massage Therapy Clinic would like to join in saying “thank you” to you, our valued patients. Thank you for your patronage, this and many years, and continuing your faith in us as part of your health care. To every one of you, we wish peace, health and good cheer, this holiday season and always.

Merry Christmas!

*Warmest wishes, from Margo, Donna, Julie E., Rebecca,
Taryn, Kylie, Julie G., Sarah, Fran & Cyndy*



2) FEATURE ARTICLE:

MERRY STRESS-MAS?

By Margo Northey

A lot has been said about the stress of Christmas. A recent attitude survey shows Christmas as coming second only to financial problems at the top of everyone's stress and worry list. Though the optimist in me doesn't want to believe it (isn't Christmas supposed to be a time for family, sharing, food and celebration?) I can't deny what I see: people hurrying through the shops, knit brows, hunched over, obviously overwhelmed and succumbing to the effect of Christmas stress. I resist my Massage Therapist urge to massage away their frown lines, rub their shoulders and get them to stand up straight, though I am convinced that this will make them feel better and allow in the Christmas cheer.

But I too, find myself caught with my shoulders up around my ears, my mind whirling, sporting an eggnog and Mastercard headache. The stress of the season, despite my efforts of exercising and organizing, shows its affect on me as well. What can be done?

The effects of Christmas stress are the same as any other ongoing stress, just concentrated. Headaches, irritability, aches and pains, difficulty sleeping and lack of mental focus are just a few of the manifestations of stress commonly experienced at this time of year. Obviously, these symptoms can greatly affect one's enjoyment of the season! With so much time, energy and money put into one holiday, it behooves us to enjoy it!

How best to deal with this stress? As Health Care Providers, my colleagues and I want to aid our patients in creating and maintaining a healthy, balanced lifestyle. This includes stress management. As Massage Therapists, we try to remind our patients about what they already know: that Therapeutic Massage is an excellent tool for improving the level of stress and managing the affect stress has on our bodies.

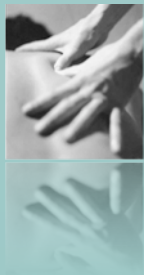
While researching for this piece, I was surprised to find that every single related article about stress recommended getting a massage. EVERY ONE! We all know that massage can relax us but what else is happening that makes it such a powerful tool this time of year?

Christmas can be a busy time, usually resulting in less time taken for ourselves. For those with musculoskeletal problems, this can prove to be a very bad idea. Our clinic often receives many desperate calls in December, patients in pain and needing immediate attention. Very often they've missed their regular

appointment and this, along with less exercise, rushing around, family concerns, etc, has left them in terrible pain.

We also see patients push themselves harder around Christmastime. They may be sleeping less, cooking more, making crafts or spending copious amounts of time walking the mall. Unfortunately, if this extra activity is not counterbalanced with management efforts, the result is most often an increase in pain and discomfort.

As Massage Therapists, we see the beneficial effects of our work markedly at this time of year. Though we can't change the holiday stresses felt by our patients, we can help improve their experience by relieving their physical pain and thus improving their sense of wellness and quality of life. The better you feel, the better you cope and the more you enjoy.



So I am practicing what I am preaching this year and keeping my regular Massage Therapy appointments this season. What is the point of all this holiday effort if I am too uncomfortable or stressed to enjoy it? Though it is a gift for my own health, it is also a gift for my family. Feeling my best and functioning optimally, I can give myself freely to my family and friends, enjoying them fully.

And isn't that what Christmas is all about?

3) Q & A:

Question: Do you have Gift Certificates available at your clinic?

Answer: Yes we do!

A Massage Therapy Gift Certificate is an excellent Christmas gift for anyone, including that person who has everything. Our gift certificates come in 30 minute, 45 minutes, 1 hour lengths or longer and cost the same as our regular fees.

Give the gift of health this Christmas from the Tsawwassen Massage Therapy Clinic. Caring, effective professionals, serving the community for over 20 years.



4)ABOUT TSAWWASSEN MASSAGE THERAPY CLINIC:

Tsawwassen Massage Therapy Clinic has been part of the medical community in South Delta for over 20 years. We are health care professionals committed to restoring and maintaining optimal health and pain-free function of the human body. Our therapists are all British Columbia Board Certified Registered Massage Therapists. RMT's will accurately assess and treat your chronic pain, injury rehabilitation and stress related issues with massage, joint mobilization and rehabilitative exercise, such as stretching, postural correction and patient education.

We have early morning, evening and weekend appointments available.

Most **extended health care** plans cover your massage therapy treatments with an RMT. Contact your insurance provider in order to be clear on the details of your coverage. If you do not qualify for extended coverage, save your receipts as you may be able to claim as a medical expense with Revenue Canada.

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