

Body • Mind • Spirit

Healing Massage Therapy

Winter Newsletter

Really? Can Stress be good for us?

Studies show that we are actually affected by how we think about stress. Stress, in and of itself, is not a bad thing but is a necessary physical response to life's challenges. We need to learn how to think of it as a positive tool. Trouble finding your way back to normal? We'd love to help. Just give us a call. In the mean time, learn more from this fascinating Ted talk @ http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend.html

Phantom Stress

The science of stress needs updating. The fight or flight response (used interchangeably with: the stress response) is over 100 years old. Few people know that we've added the word freeze to the lexicon of stress (e.g., the fight, flight or freeze response, which is particularly apropos to any discussion of PTSD) and even fewer people know about the female response to stress dubbed: "tend and befriend." Still more troubling to me, is that there's a level of stress (I call it social stress) that doesn't activate a full-blown fight-or-flight response, and because it doesn't, exists below the radar screen almost like a kind of phantom stress.

http://www.huffingtonpost.com/james-e-porter/managing-stress_b_3765023.html

Introducing Rebecca Schulte, LMT



I'd like to take a moment to welcome my new therapist, Rebecca Schulte. Rebecca has surely found her calling and I am pleased to say she is a perfect match for everything we stand for here at Body • Mind • Spirit. Please feel free to learn more about Rebecca on our web site at hockessinmassage.com/rebecca-schulte-lmt/.

Did you know...

62% of people who received a massage in 2012 have given the gift of bodywork to a friend, family member, or colleague through gift cards and certificates. So what's stopping you? The only thing better than receiving blissful bodywork yourself is passing on that "ahhhh" feeling to those closest to you. Treat yourself and your Valentine well. statistic courtesy of ABMP's National Consumer Research Survey conducted by Harstad Strategic Research, January,

So...

Just in Time for Valentines Day

We make gift giving easy at Body • Mind • Spirit. Let us send a beautiful gift certificate to the recipient for you. Or, if you'd rather watch the joy on their face you can give it to them yourself. Contact us and we'll make arrangements for you to pick it up or have it delivered directly to you. In fact, call today to reserve simultaneous sessions for both of you. In fact, with our packages we make it affordable to give any number of your favorite people the gift they'd really enjoy.

For a Limited Time Only

We're making introductions easy. Schedule your first massage with Rebecca Schulte and

save \$10.00.

The comments I'm hearing... "Excellent" "Outstanding" "Very Strong." I'm confident you'll feel well nurtured.



Blessings,
Laurie Matamoros