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Place a greeting in
OUR CHRISTMAS GREETINGS SECTION

and wish all your friends, neighbours and co-workers well this holiday season with one quick phone call or email!

Thank your customers this *Holiday Season!*

Season's Greetings is a Holiday feature appearing in your Classified section the week of December 21, 2015.

Extend your personal holiday greeting to your local area. This is also a great opportunity to thank your customers for their business in 2015 and also invite new clientele to become patrons in 2016.

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Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: What can I do to make my holiday season happy & safe?

A: Keep salt and sand in a place that makes it easy to use, like on a chair by the entrance to your home or business.

- Check the weather forecast prior to retiring for the evening so you can set your morning alarm earlier than usual to clear any snow with less haste.
- Plan your morning tasks, such that your car's defrost has a chance to ensure proper visibility, perhaps review your day's plans or sort your mail while waiting.
- If you just can't stand looking under the hood to check your car's windshield washer fluid, get gas at full service stations during the winter months, it's less costly than the accidents caused by poor visibility.
- Neck pain sufferer's benefit from using high coat collars and scarves throughout the winter. Muscles will automatically tighten if you're cold in an effort to generate heat.

Thank you all, clients, family and so many others, for your support and patronage. On behalf of all of us at Ross Physiotherapy, I wish you a happy holiday season and a great new year.
~ Gerry & Kristie



DR. ELAYNE TANNER
Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801
www.DrElayneTanner.com

Q: Holidays are coming and like so many, I am scurrying about trying to get things completed. The problem this year is that I have started having what I assume are anxiety attacks. I am having difficulty going into malls, I am shaking and crying at home, and I often feel totally overwhelmed and I don't really think it is holiday related. What is happening to me?

A: Anxiety seems to have reached almost epidemic proportions in our society. Winter holiday season is one time of high stress when feelings of anxiety and depression get worse, but so are the final days of summer and Sunday nights before a Monday workday. The truth is, any time or location can elevate stress in anxiety sufferers.

Anxiety, a normal reaction to a stressor, is associated with feelings of fear, unease, panic and dread. It is often accompanied by sweating, shortness of breath, racing heart, crying, and sadness. The sufferers often begin to isolate themselves. They may refuse to see friends and family and frequently request a leave from work. Although the sufferer hopes that reducing outside involvement will contain the anxiety, this approach does not help.

Our bodies have what we refer to as a fight or flight response. The adrenal glands release adrenalin making the sufferer feel anxious. Anxiety, when it is contained to low levels, is a normal and healthy response. But debilitating anxiety is unnecessary. Assuming your physician has ruled any physical causes now is the time to deal with your anxiety.

Anxiety is very treatable. It responds well to a number of therapeutic approaches. Cognitive Behavioural Therapy (CBT) is one method that has proven successful, as has hypnosis and deep relaxation techniques. We can try any and all of them to see which combination works best for you. There is no need to suffer the effects of anxiety attacks. Free yourself up to enjoy holidays and time with family and friends all year round. This should be a time of peace and joy. The world needs more of that. In this sometimes chaotic world, I wish you peace, joy and happiness. And to all my readers, love, health and contentment and we will meet again in the New Year.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation