

OCTOBER

UPCOMING CLASSES & EVENTS

Fri, Nov 4th @ 9 AM

Acupressure (Upper Body)

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sat, Nov 5th @ 9 AM

Acupressure (Lower Body)

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sat, Nov 5th @ 9 AM

TCM Cupping & Gua Sha

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



MONTHLY SELF-CARE TIP

Reducing stress

Anxiety, information overload, confrontation, and busy schedules can create panic and stress on our bodies and mind.

These can lead to fatigue, anger, miscommunication, and forgetfulness.

Therefore it is good to have some ways to reduce our stresses within life. Use one or all of the following to help you reduce your stresses...

Find a quiet place

Find a place where you can escape and have a few moments of quiet time each day to find yourself, thoughts, feelings and to keep you calm.

Learn to plan

Disorganization leads to stress. Most of us set unreasonable or unattainable goals. Try to set smaller achievable goals for each day /week.

Learn to play

Plan to escape from the pressures of life and work. Go have some fun by doing something that matters to you.

Learn to tolerate and forgive

Intolerance of others leads to frustration and anger. Attempting to really understand the way other people feel can make you more accepting of them. If indifferences occur after a couple of tries, and there is no change, learn to let go and move forward.

Talk out your troubles and concerns

Find a friend, counselor, therapist, or colleague who you can express yourself with. Expressing your tensions to a sympathetic ear can be very helpful.

THANK YOU FOR YOUR SUPPORT!



FOR MORE INFORMATION ON CLASSES
& OUR NEW SCHOOL VISIT:

ELITE MESSAGE EDUCATION CENTER

ELITE-MASSAGE-SCHOOL.COM

ADMIN@ELITE-MASSAGE-SCHOOL.COM

