



Schillinger Chiropractic & Wellness Center

Coping with Trump Induced Stress Disorder (How to Stop Obsessing with Politics)

Since the stunning election of Donald Trump last year, many people have begun to experience a variety of physical and mental health ailments. Due to their over-identification with the problematic principles and practices that Mr. Trump is bringing into politics, people have been finding themselves worrying about the future more, and taking good care of themselves less.



The conversation between participants and Dr. Fishman will not be a discussion about politics. Rather, it will focus on the solutions you can take to accept the present political climate and how to remain attentive to your own health and well-being.

You'll know how to:

- * recognize the signs and symptoms of TISD
- * develop social & political strategies to cope
- * use mindfulness relaxation techniques to reduce your anxiety
- * refocus your life with positive beliefs & productive behaviors

Join us for an informative and entertaining evening which will help turn the tide of this public health emergency.

WHEN: Wednesday, March 29, 2017, 7 – 9:15pm
REGISTRATION: Call 491 – 0959 or email Schillinger.chiropractic@Gmail.com
(Pre-registration highly recommended – limited to 15 participants)
WHERE: Schillinger Chiropractic & Wellness Center
1050 Northgate Dr., Ste. #1, San Rafael Ca. 94903
FEE: \$25



Dr. Fishman is a professor of health and humanities at CIIS, as well as a chiropractor for over 30 years. He's also a Certified Ergonomic Assessment Specialist, providing programs in the workplace that reduce injuries and increase health. He's now combining his knowledge of health with political activism to help resolve key issues facing society.