# Welcome to our Sound Therapy Newsletter!

Thank you to all of you who have registered and attended our Sound Therapy Sessions. We were so excited to meet you and happy to share with so many new people at our August session. We are thrilled to share all the new things we are working on— including this newsletter!

## What's new

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## Join us at the Hitchcock Free Academy!



There are still three session left in our General Wellness Sound Therapy Series. We hope you'll continue to join us at the Hitchcock Free Academy each month! Sessions will be held monthly so check out the listing below and our NEW Website for more information. You can aslo follow us on Facebook and Instagram!




## Education Corner

**How Stress Affects Living Things:**

All living things experience stress. The goal is not to eliminate stress but to mitigate its effects on our physical and mental wellness. Without

proper management, stress can lead to imbalances and produces opportunities where diseases can develop.

The four common factors for stress on the body are:

- Environemntal
- Circumstantial
- Emotional/Psychological Experiences
- Physical

Not all stresses on the body are negative experiences. Sometimes positive experiences or necessary things still cause stress leading to imbalances in the body.

**Environmental Stressors** can be anything from pesticides to loud noises in your environment. Things such as food addatives, medications, weather, and even an overloud T.V. can cause stress on your physical or mental health. Bluelight and electronic devices are a common environmental factor.

**Circumstantial Stressors** can be anything from a stressful job, illness in your family, or starting school to more catastophic events like fire or natural disaster. Frequently circumstantial stress comes from things that we have little control over.

**Emotional/Psychological Stressors** can be any strong emotion evoking event or any time the brain is struggling to process. They can be joyful like unexpected windfalls and good news or less positive like a loss or a behavioral health episode. Even small emotional and psychological stresses can stack up to have big impacts.

**Physical Stressors** are your more common things like an injury, chronic illness, food sensativities, or even less negative things like going to the gym, loosing weight, having a baby. These stresses to our body are often the ones we are most aware of as opposed to the other types of stress.

Often environmental, circumstantial, and emotional/psychological stressors are missed or go unnoticed until a serious issues arises. A large factor in this, is that they are common occurences that we may even be

unaware of because our minds and bodies are quick to adapt. While we may notice a catastrophic factor the more mundane ones will frequently go without acknowlegment.

We as humans are more aware of physical stressors. We feel pain, illness, tiredness and are quick to acknowledge them even if we aren't able to evaluate the impact or future cost. That is why managing stress and its impact are so important.

Let us share a few easy ways to mitigate and manage stress in your daily life:

- Breathing Techniques
- Having quiet unplugged time either indoors or out in nature
- Herbal Teas or Warm Caffiene Free Beverages
- Meditation/ Aromatherapy
- Hot shower, warm bath or footsoak

If you missed last months education corner on What is Sound Therapy you can read more on our website here.

## Upcoming Events

- September 19, 2026 Stress Management
- October 17, 2026 Immune Defense
- November 14, 2026 Life Challenges, Loss, & Grief



# Registration for each session will be available on the

# Hitchcock Free Academy website.

Please register in advance to join us for sessions as space is limited. If space is available walk-ins are welcome.

Register now

healinghandsforbodymind.com

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