



## **Stress Management and Control**

### **Stress Management - the need to control distress.**

Stress helps keep us alert, motivates us to face challenges, and drives us to solve problems. Stress is a very natural and important part of life. Low levels of stress are manageable and can be thought of as necessary and normal stimulation. 'Distress' however results when our body over-reacts to events producing a "fight or flight" reaction. Blood vessels and the digestive system contract, heartbeat increases, the liver releases more glucose into the muscles, the mouth feels dry and muscles tense. Prolonged distress is very damaging to both our physical health and mental well being.

### **Stress management and control through massage**

The art of relieving symptoms of physical tension and mental stress by the use of massage has been practiced since the beginning of time. Massage has been used through the centuries and to the present day in China, India, ancient Egypt and Greece. Humans and many animals have always used touch to reassure and calm themselves and others. When we hurt ourselves we instinctively rub where it hurts.

### **Stress management - Break the cycle**

Failure to manage and control stress can result in tense neck and shoulder muscles, leading to stiffness, headaches and then - even more stress.

You can break this cycle with a short massage.

Massage helps to relax the mind, body and spirit, creating a feeling of peace, calm and well being. It allows the nervous system to return to a natural balance, reducing many stress-related conditions, such as palpitations, negative emotional feelings and raised blood pressure.

A regular massage every day, even if you're not feeling stressed is the most excellent stress management and control tool and undoubtedly the best preventive health measure available.



### **Stress management and control at work**

The combination of physical tension caused by working at a desk, particularly if using a computer and keyboard and the stress of general day to day business problems eventually threatens even the healthiest body.

Two short daily sessions in a massage chair will help the mind and body deal with day to day stress and will promote that feeling of general well being essential to safeguard your health.

The use of the back, neck and shoulder massage is particularly helpful in relieving tight muscles caused by bad office and keyboard posture

Relaxing in the chair can be an ideal time to revise the day's plans.