STRESS AND MASSAGE

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ABSTRACT

In the review of study, massage therapy was found to be highly effective in reducing stress levels as well as having a host of other very impressive health benefits, massage can help you relax, get back into balance, step back, and get refreshed and emerged, so it can go back to productive lifestyle.

Keywords: Stress and massage methods.

INTRODUCTION

Stress has reached epidemic proportions due to our fast-paced lifestyle and the consequent excessive demands on our bodies. Although statistics indicate that between 75% and 90% of all visits to the doctor are for stress- and anxiety-related concerns, many people do not seriously think about stress management until they are on the verge of burnout or have been affected by a stress-related illness.

Stress affects your physical and mental health. Chronic stress can increase your risk for gastric ulcers, osteoporosis, and sexual dysfunction. It is linked to other physical illnesses including hypertension, heart disease, diabetes, asthma, and arthritis. Chronic stress can also impair the immune system, leading to an increase in infections and worsening of skin conditions such as eczema. Stress hormones have also been associated with post-traumatic stress disorder, substance abuse, and mood disorders as well as anxiety.

Stress has a detrimental effect on memory and cognition, and this can lead to long-term dysfunction due to its impact on the area of the brain involved in learning and memory (the hippocampus). Stress is often associated with deficits in learning the ability. It could cause psychiatric disorders such as depression and anxiety. Stress management can help you enjoy a happier, healthier life, and develop skills to manage and prevent excessive and chronic stress.

These promote a holistic approach that addresses body, mind, and spirit. The will help you to:

- Identify the actual causes of your stress
- Learn new techniques that help you prevent harmful stresses from occurring
- Improve your mood and your stress resilience. You will be able to successfully manage your stress at work and in your personal life
- Improve your life quality professionally, personally, and socially
- Use mindfulness to improve your life quality and ability to manage stress
- Learn how to address your issues in a more effective way, prioritize your tasks, and smoothly manage your daily life
- Turn your personal difficulties into opportunities and stressful situations into a source of joy
- Learn how to manage stress to without affecting your ability to achieve your goals and
- Adopt healthy habits that enhance your stress management skills, and help you lead a happier life.

Massage therapy has been a respected form of medicine for more than 3000 years. It was held in high value in ancient Indian, Chinese, and Japanese cultures, then spread through Europe and became an adopted practice for many Greeks and Romans as a treatment for stiff muscles and some diseases. The value of massage declined over the centuries. As western medicine became prominent, the value of massage therapy was reduced to pure luxury for the wealthy, with only temporary relaxation effects.

Massage therapy is soft tissue manipulation for healing purposes. Massage promotes blood and lymph circulation, relaxes muscles, relieves pain, and restores balance. This can be done through a variety of styles. While massage incorporates many different techniques, the three main modalities are Swedish, deep tissue, and therapeutic. Swedish massage promotes circulation and relaxation using light touch. It is most commonly known and used, which is why people do not see any other therapeutic benefits. The deep tissue has more benefit; however, it is not utilized or offered as often due to the extent of treatment. Therapeutic is the most effective because it incorporates all modalities to form a personalized treatment that is best for each individual's disorder.

As we move through our daily routines, we are often faced with obstacles and challenges which can lead to some degree of stress and anxiety. So, to become more relaxed and free of tensions it is important to break away from your ordinary routine and find ways to de-stress. This process can be very simple or more in depth, but why not try something new and different? Here are 8, not your everyday ordinary, ways to de-stress and release tensions.

Massage your ears

The ear massage is a fantastic way to release endorphins in your brain and make you feel good. The beauty is that it only takes a few minutes. Start by gently rubbing your earlobes with your thumb and index finger. Then, squeeze the outer edges of your ears all the way to the top. These parts of your ears have tiny reflex points that can relax specific areas of your body. Finish using your index fingers and middle fingers to massage behind the ears on the bony part of your skull.

Finger paint

If you thought that getting messy and painting with your fingers was strictly for kids, think again. Finger painting allows you to have fun, be artistic, and play in a child-like way. It gives you permission to express your creativity and spontaneity without expectations. So, why not be the creator of some new abstract art pieces. Visit a nearby children's store and pick up a set of finger paints – ages 10 and up.

Strip down your living room

Take note and see how much stuff you have laying around your house, especially your living room – the place where you often wind down and relax. Then, declutter and learn the powerful art of minimalism. Get rid of anything and everything you do not use or need. Give away or donate...
decorations and household items. An open and clean space creates a place of peace and tranquility. It is also easier to relax when you are not surrounded by stuff such as laundry, work, electronics, and even reading materials because your subconscious mind does not feel like you have things to do.

Try laughing yoga
We all know that the power of laughter has a wonderful effect on our mood and is one of the best feel-good things we can do. However, the opportunity to laugh like this does not always come easily and often. A fun and crazy way to make yourself laugh uncontrollably is to find (Google) class, club, or yoga studio in your area that offers laughing yoga. You may have to step out of your comfort zone, but you will be in for a wonderful and hilarious surprise.

Procrastinate
Make a list of things to do and then do not do it. Call it your procrastination list. Then, make the decision to engage in something you really feel like doing. If and when you become inspired to do something on your procrastination list then go for it. Maybe you really do not have to do those things on your procrastination list, or perhaps, someone else may want to do those things for you. I believe that if you are not accepting, enjoying or enthusiastic about what you are doing then you should not do it. By procrastinating you often let go of resistance and become more relaxed.

Be brutally honest
Have you ever felt frustrated with yourself because you wanted to say something to someone but did not in fear of what might happen, what that person might think or how you might make them feel. Instead of bottling things up inside you, which causes stress and tensions, why not let it go through the power of honest speech. Express your emotions and tell people how you really feel without being rude or obnoxious. Be loud and bold. Notice how relieved you feel.

Dance in the rain
How often do you see people getting upset and running for cover when it starts to pour? Next time it rains, have a little fun, get wet and do a little dance. Engage all your senses and enjoy the moment. Even sing if you like doing. By dancing in the rain it helps you to be more aware of nature and to feel connected to it.

Enjoy a staycation
Instead of traveling somewhere on a holiday, stay at home and enjoy a local vacation. To make it an adventure, get a map of some nearby hiking trails and plan some day hikes. If you are in a colder climate, consider cross-country skiing or snow-shoeing. Try a new activity such as hiking trails and plan some day hikes. If you are in a colder climate, consider cross-country skiing or snow-shoeing. Try a new activity such as:

CONCLUSION
Massage therapy does relieve stress, anxiety, and many other emotional and psychological disorders. It is becoming a highly respected and recommended as an alternative to modern medicine. A stress reducing massage therapy treatment is an excellent tool for coping.

REFERENCES

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