



#### TYPES OF CALMING THERAPIES:

- **Swedish Massage**—a massage treatment using stroking, kneading, or tapping to relax muscles gently
- **Hot Stone Massage**—a specialty massage that uses smooth, flat, heated stones placed on key points on the body. The heat is both deeply relaxing and helps tight muscles relax.
- **Sport Massage**—a deep tissue massage to relieve muscle tension, stress, and residual pain from workouts, etc.
- **Couples Massage**—a massage treatment for couples side by side in a calm and relaxing setting.

# Massage News

NEWSLETTER 15

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## Anxiety and Massage

Massage techniques are a great way to relieve stress and anxiety, plus it offers long term health benefits down the road. Techniques such as yoga and meditation are great for relaxation, but massage therapy is the best natural treatment for people suffering with anxiety. Besides relieving anxiety, massage techniques relieve sore muscles and stiff joints. When individuals suffer from high anxiety or stress, they don't always see the negative effects it has on their body. During a massage, tight spots are released. This helps

prevent body pains which could be the original cause of the stress or anxiety.



Also, massage can help individuals become more aware of their body. This can help them recognize where the stress is coming from. In the future, they can take action to prevent symptoms

of stress from reoccurring. Massage also helps improve sleep patterns. High anxiety can be very disruptive to the sleep cycle which can lead to more stress in the long run. Breaking a disruptive sleep pattern is very important to leading a healthy lifestyle. Another great reason why massage techniques are the best stress reliever is because the individual does not have to do anything. Just lying down and letting the massage therapist perform their job is enough to relieve tension, anxiety, and stress.

[www.echiropractor.org](http://www.echiropractor.org)

### Benefiting Your Mind

A massage is beneficial to your mind, body and soul in many different ways. It can alleviate aches and pains in your body; it can take away stresses and headaches in your mind; and it can relax and rejuvenate your soul.

However, did you know a massage is also clinically proven to reduce anxiety and depression? Anxiety

and depression are related to your mood. There are three main aspects of depressions including the inability to experience pleasure, an excessive sensitivity to stress and a negative outlook on circumstances. This is where massage comes in. Massage therapy can reduce both stress and fatigue so you can get on

with your day.

Massage releases both serotonin and endorphins. Apart the serotonin acts as a calming mediator for the body while the endorphins act as a happy stimulator for the brain. Together they can bring pleasurable feelings and general elevated moods in both your body and mind.

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# 10 Steps To Clear Your Mind

1. **Recognize when your mind becomes overloaded.** You just can't stop thinking about something. Usually, it's something that has negative implications, like being late for work or missing an appointment. When you feel overloaded, try calming your mind.
2. **Find a quiet place where you can be by yourself.** You should be able to sit or lay down comfortably. The room should have low lighting or darkness
3. **Close your eyes and access the content of your mind.** What's going on in there? The first time you do this, you likely will be surprised by all the stuff you are thinking about. Some of it won't be connected to other thoughts. This is the buzz of consciousness.
4. **Try preventing the thoughts from happening.** If you are thinking about your doctor's appointment tomorrow, stop thinking about it. The easiest way to do this is to think about something else. The problem is you might be just replacing one annoying thought with another.
5. **Recognize when you are thinking about not thinking about anything.** Once you have inhibited the random thoughts of the day from driving you crazy, you likely will be stuck with something else: Thinking about not thinking. Don't worry. This is progress! You have to get to this point before you completely calm your mind.
6. **Think of something neutral.** Most people find it very difficult to think about nothing. This kind of mind control takes Buddhist monks years to master, so don't feel bad if you can't do it. Think about mundane easy activities instead, like walking to school, walking around a shopping centre, or sitting in a car.
7. **Zoning out is also a good way of clearing you mind.** Zoning out means doing something with very little concentration.
8. **Read a book or magazine article.** Reading often pushes the rest of the stuff you are thinking about out of your consciousness. As long as your thoughts about the book or magazine article don't excite you too much, this can be a good way to calm your mind.
9. **Learn to calm your mind before stressful activities.** These calming-your-mind techniques can improve your performance in job interviews, public speaking, and difficult interactions with other people.
10. **Learn to calm your mind before going to bed.** Many people find it difficult to fall asleep when their mind is running amuck. These calming-your-mind techniques can also help you

## Use Massage To Relax.....

It is known that stress is a contributing factor to almost everything that ails modern man. On its simplest level, a little tension leaves you with butterflies in the tummy as the only physical sign. At the other end of the scale, when you suffer from constant, long-term stress and mental anxiety, you can end up with headaches, insomnia, loss of appetite, high blood pressure, nausea, loss of libido, low resistance, even a heart attack. However, stress in itself is not a bad

thing, without it, we would not strive quite so hard or aim quite so high. It is how we react to stress that makes it have a good or bad effect on our bodies. As even the most serious attack of stress can be instantly relieved the second we relax, the best way to react to it is to have a massage. Massage works by relaxing the muscular tension that builds up to cause more serious symptoms. The hand stroking simply rubs it away. It also relaxes an over-anxious mind by slowing the heartbeat and lowering blood pressure the way yoga, for in-

stance, does. So you feel better both physically and mentally in one go. As there is less and less time in life for leisure, hobbies and sports, massage is even more Important as a way to relax - it is quick, simple and needs no fancy equipment or membership fees. Also, it is just about impossible to injure yourself. If you have regular relaxing massages, you will never be tense and will be healthier and happier throughout your life  
[www.massageforailments.com](http://www.massageforailments.com)