

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 want to. You will be surprised how refreshing and rejuvenating it is. For those of you who live in colder climates, try dancing in the snow or making snow angels.

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 outdoor photography. Visit some local cafes that sound interesting and that you have never been to before. If you need a break from your kids, recruit a friend or relative to babysit. Have fun and get to know your area.

Shulman and Jones (1996) [1] found that the reductions in anxiety levels were found to be significant for the massage group.

Field *et al.* (1996) [2] study that the most sustained changes as manifested by lower scores for anxiety, depression, and self-drawings. The massage therapy subjects were also observed to be more relaxed.

Katz *et al.* [3] study that the performed on 12 hospital staff working in a large care center participants received eight 15 min massage treatment at work. Pain, stress, relaxation, and mood were measured before and after each massage. Pain intensity and stress levels were significantly lower after each massage. In addition, relaxation levels and overall mood state improved significantly after treatments.

Cathy Davis *et al.* [4] study that the reduced nurses anxiety levels. Regular on-site aromatherapy massage with music has the potential to

increase the job satisfaction of the staff and decrease the number of sick leave.

Olney [5] effect size was 2.25 for systolic pressure and 1.56 for diastolic pressure (alpha of 0.05 and power at 0.80). This preliminary study suggests that regular massage may lower BP in hypertensive persons.

Bost and Wallis [6] suggest that massage therapy is a beneficial tool for the health of nurses as it may reduce psychological stress levels. It is recommended that further large studies be conducted to measure the symptoms of stress rather than the physiological signs of stress in nurses.

Albert *et al.* [7] suggested that the post-operative blood pressure was lower after the massage.

Moraska and Chandler [8] significant that the depression and anxiety levels are decreased following 6 weeks of massage, but not 3 weeks.

Bauer *et al.* [9] study that the patients receiving massage therapy had decreased pain, anxiety, and tension.

Listing *et al.* [10] suggested that the compared with the control group, women in the intervention group reported lower mood disturbances and perceived stress levels were reduced after massage therapy.

Krzysztof Kassolik *et al.* [11] presented that the massage procedure had a positive effect on the amount of urinary leakage on effort immediately after therapy and on few-month follow-up produced complete relief from the distress.

Françoise Labrique *et al.* [12] suggested that the stresses that although there are little or no measurable physiological changes that occur from massage, patients' perceptions of stress and anxiety were significantly reduced.

Fateme Nazari *et al.* [13] according to the results, it is recommended that massage, as a valuable non-invasive method, is used for nurses in intensive care units to reduce their stress, promote mental health, and prevent the decrease in quality of nursing work life.

Hanachiyo Nagata *et al.* [14] results indicate that back massages of the student are effective to improve the physical and psychological conditions of the students.

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.

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