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ARE YOU STRESSED?



Are You Stressed?

What is stress?

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it's real or imagined – the body's defences kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or the stress response.

However beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.

The physical impact of stress

The Body's Stress Response

When you perceive a threat, (whether physical or psychological) your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. These hormones rouse the body for emergency action.

Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus – preparing you to either fight or flee from the danger at hand.

How Massage Remedies can help deal with stress

Effleurage - smooth gliding stroke create a relaxed state

Petrissage - through 'skin rolling', 'wringing' and 'picking up' helps stimulates the nervous system encouraging more relaxed muscles, increases circulation energising the body.

Friction calms aches and pains allowing normalised muscle movement

Tapotement, i.e. hacking, cupping and beating stimulates local circulation improving nutrition to the muscles via the blood system.

At Massage Remedies we offer our clients both [relaxing](#) and more in-depth [deep tissue](#) massages to help relief stress and bring about imbalance.

Signs of stress

- Inability to concentrate
- Seeing only the negative
- Anxious or racing thoughts
- Feeling overwhelmed
- Sense of loneliness and isolation
- Aches and pains
- Nausea, dizziness

- Chest pain, rapid heartbeat
- Loss of sex drive
- Eating more or less
- Sleeping too much or too little
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)

Keep in mind that the signs and symptoms of stress can also be caused by other psychological and medical problems. If you're experiencing any of the warning signs of stress, it's important to see a doctor for a full evaluation. Your doctor can help you determine whether or not your symptoms are stress-related.

http://www.helpguide.org/mental/stress_signs.htm

Whilst stress manifests in many ways both physical and psychological, massage and manual therapy can be an effective way of combating stress.

Discover tips on how to manage stress on our  or  pages, alternatively contact:

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