



Massage Therapy for Stress Management

Stress is a part of our daily routine, whether we are aware of it or not. It can range from being stuck in traffic or having a serious illness. Either way, alarms go off in our body systems and our body starts to adapt expressing the effects in different ways. Symptoms of stress include feeling pressured, anxiety, fatigue, insomnia, colds & flu and muscle tension. If stressful situations are not resolved, you may become chronically stressed and it may result in serious illness.

Massage therapy has a positive impact on the body by reducing cortisol levels (stress hormone) and boosting the immune system. Prolonged periods of stress can cause tension build up in the muscles, causing a decrease of circulation and nutrient delivery to the tissues. Massage therapy can help relieve tissue tension and increase the body's circulation to help flush the toxins out of the tissues and bring in the nutrients. By completely relaxing your body and mind, it can help rejuvenate and restore energy. Muscle tension can also cause trigger points, which are the knots (tightness/spasm) you sometimes feel in your muscles. These trigger points can cause pain,

alter your body function and or posture, therefore other muscles over-compensate and start to cause discomfort as well. This painful cycle is another added stress that your body doesn't need. Massage therapy can also help break the cycle, and therefore reduce the muscular tension felt on your body.

Massage in general gives you a sense of rejuvenation and well-being. Combining deep breathing during a massage treatment can also aid in reducing stress levels and muscular tension. The integration of body and mind can provide an emotional and spiritual balance, eliminating stress and bringing relaxation to the body.

Start your new year in a relaxing and stress-free state. Book an appointment at Maxfit today.



MaxFit

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