

# Stress Management for Massage Therapist

s

# Effects of Massage

- reduced muscle tension
- improved circulation
- stimulation of the lymphatic system
- reduction of stress hormones
- relaxation
- increased joint mobility and flexibility
- improved skin tone
- improved recovery of soft tissue injuries

# Stress Management

## Physical Stress

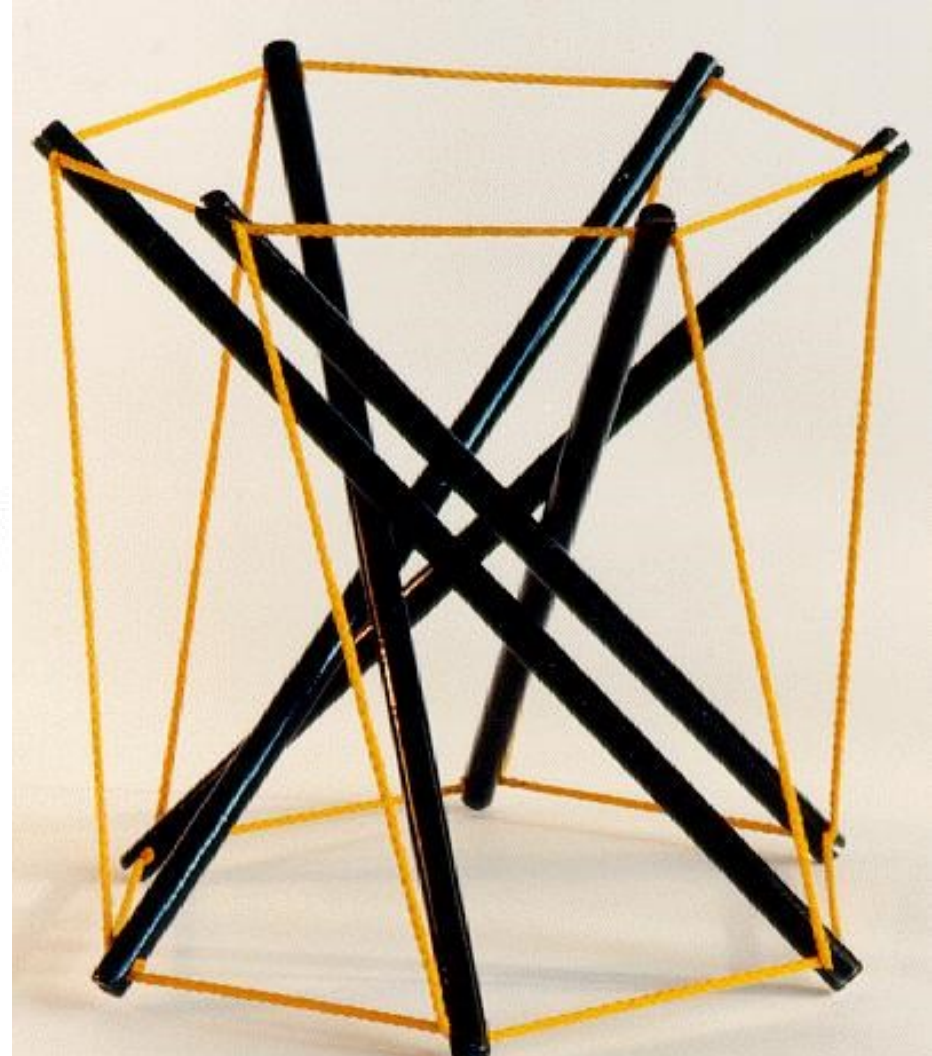


## Mental Stress



# Tensegrity

A contraction of '**tensional integrity**'

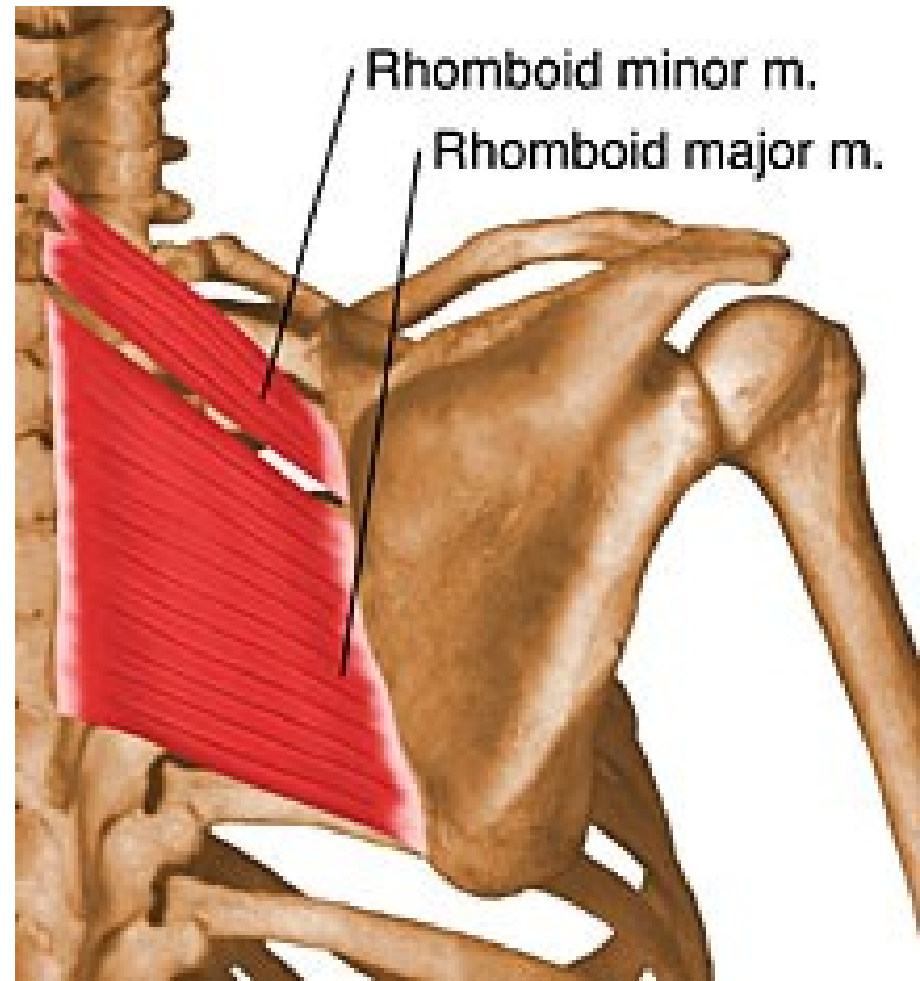
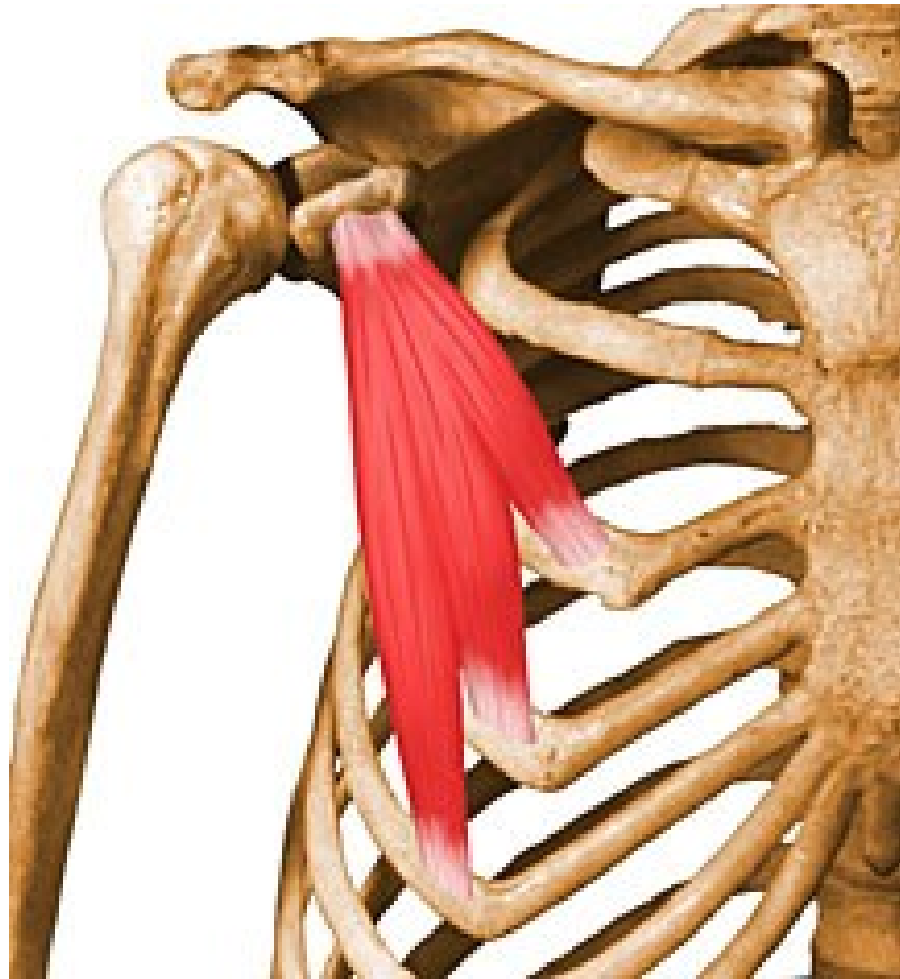


# Story of a RMT

- Complaints of Upper Back Pain

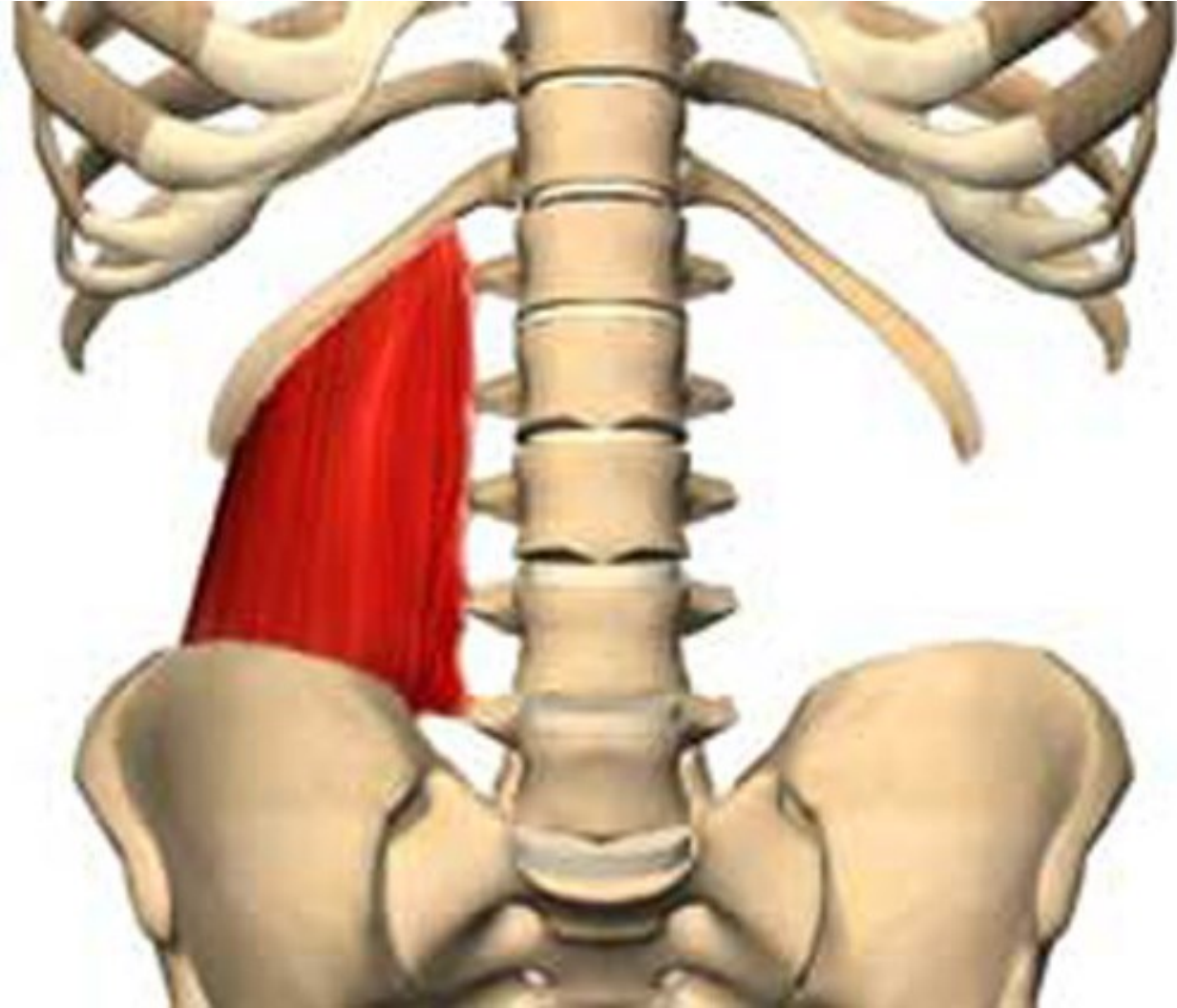
# Antagonists

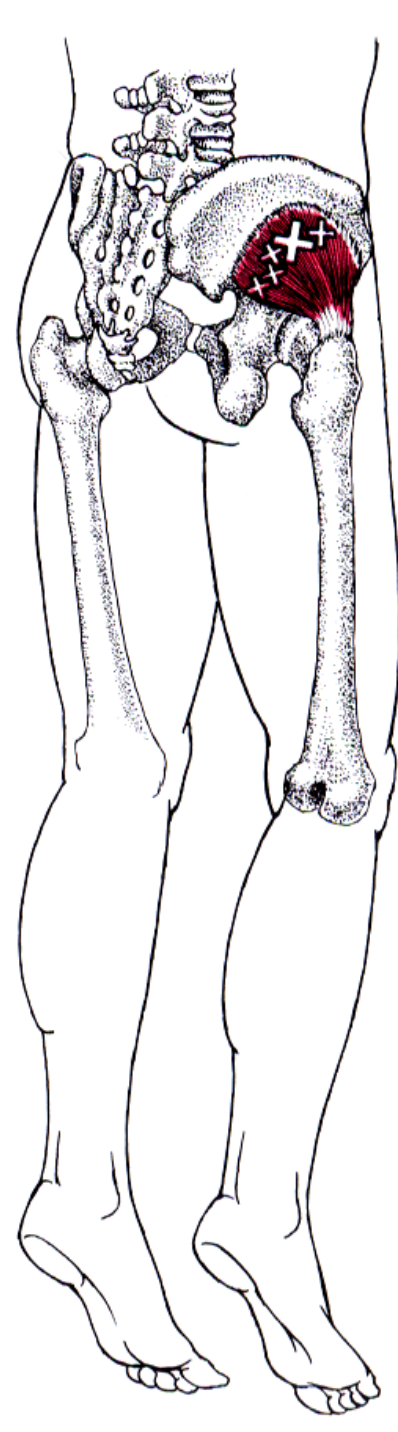
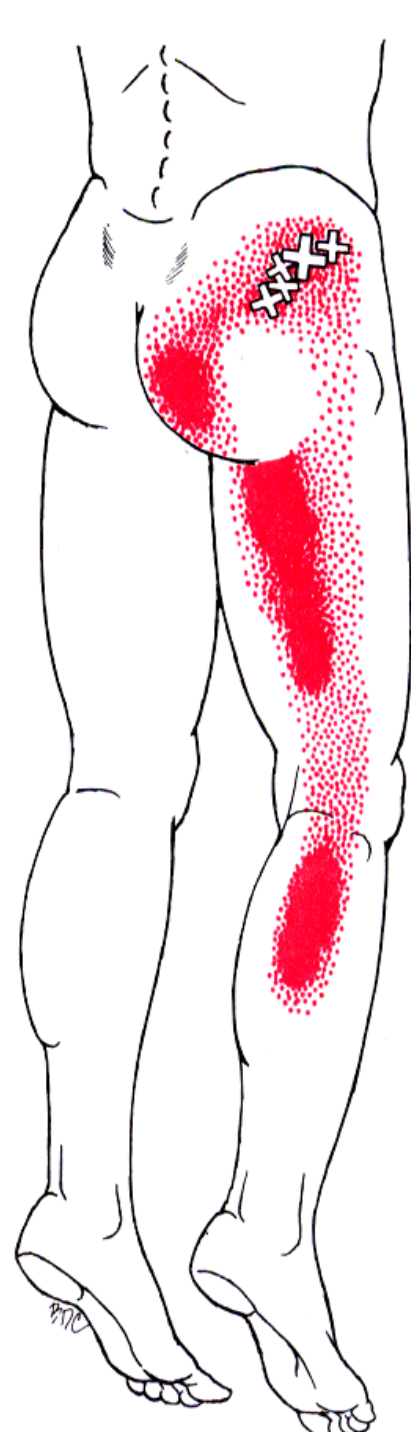
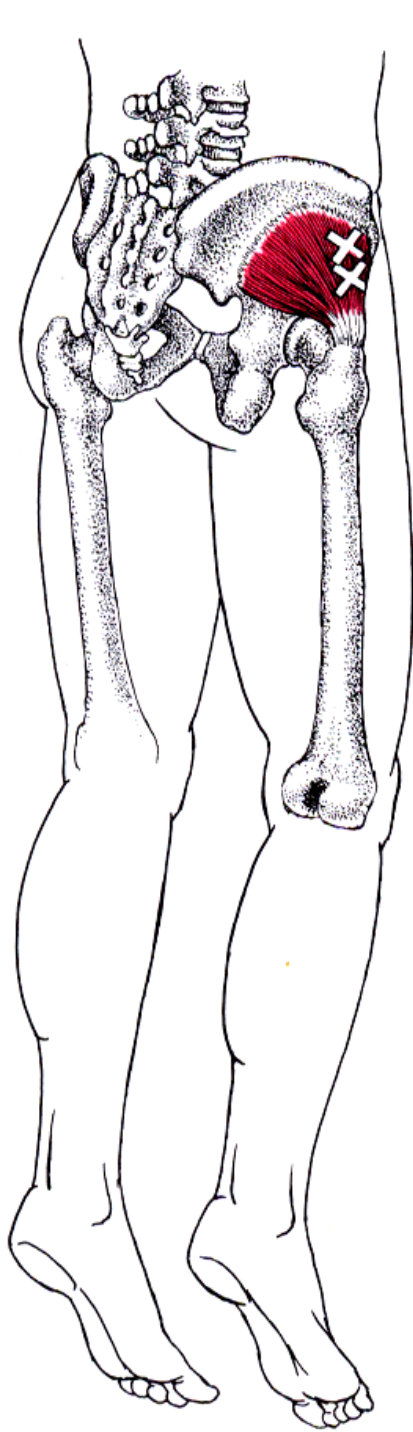
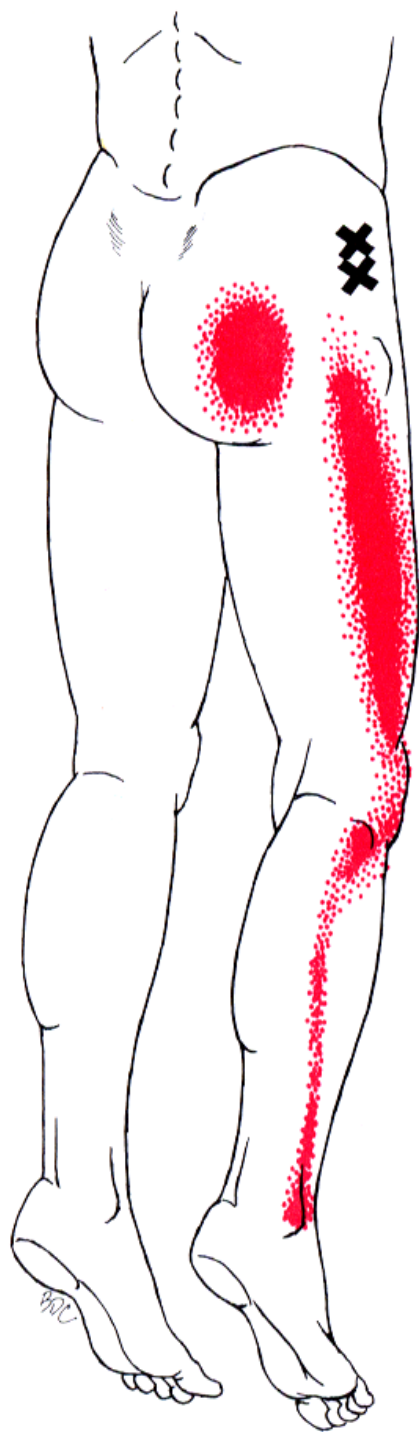
- Pectoralis Minor & Rhomboids



# Antagonists

- Psoas & Quadratus Lumborum

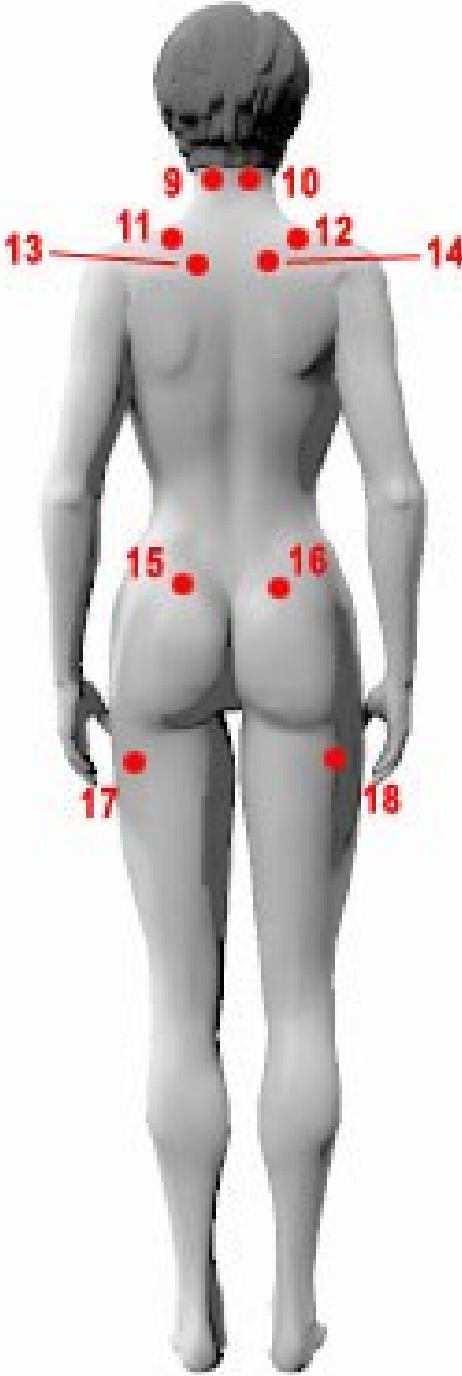






# 18 Points

What if you  
remove one  
point?



# Perpetuating Factors

- How do you work?
- How do you drive?
- How do you sleep?
- How do you walk?
- How do you spend your evenings?
- How much did you spend on your easy chair?



<b>EVENT</b>	<b>VALUE</b>	<b>EVENT</b>	<b>VALUE</b>
Death of a spouse or partner	100	Son or daughter leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal achievement	28
Jail term	63	Spouse begins or stops work	26
Personal injury	53	Starting or finishing school	26
Marriage	50	Change in living conditions	25
Fired from work	47	Revision of personal habits	24
Marital reconciliation	45	Trouble with boss	23
Retirement	45	Change in work hours, conditions	20
Changes in family member's health	44	Change in residence	20
Pregnancy	40	Change in schools	20
Sex difficulties	39	Change in recreational habits	19
Addition to family	39	Change in religious activities	19
Business readjustment	39	Change in social activities	18
Change in financial status	38	Mortgage or loan under \$10,000	17
Death of a close friend	37	Change in sleeping habits	16
Change to different line of work	36	Change in # of family gatherings	15
Change in # of marital arguments	35	Change in eating habits	15
Mortgage or loan over \$10,000	31	Vacation	13
Foreclosure or mortgage or loan	30	Christmas season	12
Change in work responsibilities	29	Minor violation of the law	11

Source: Reprinted from *Journal of Psychosomatic Research*, 11 (2), T.H. Holmes and R.H. Rahe, "The Social Readjustment Rating Scale," 1967, with permission from Elsevier.

# Score

# Comment

300+

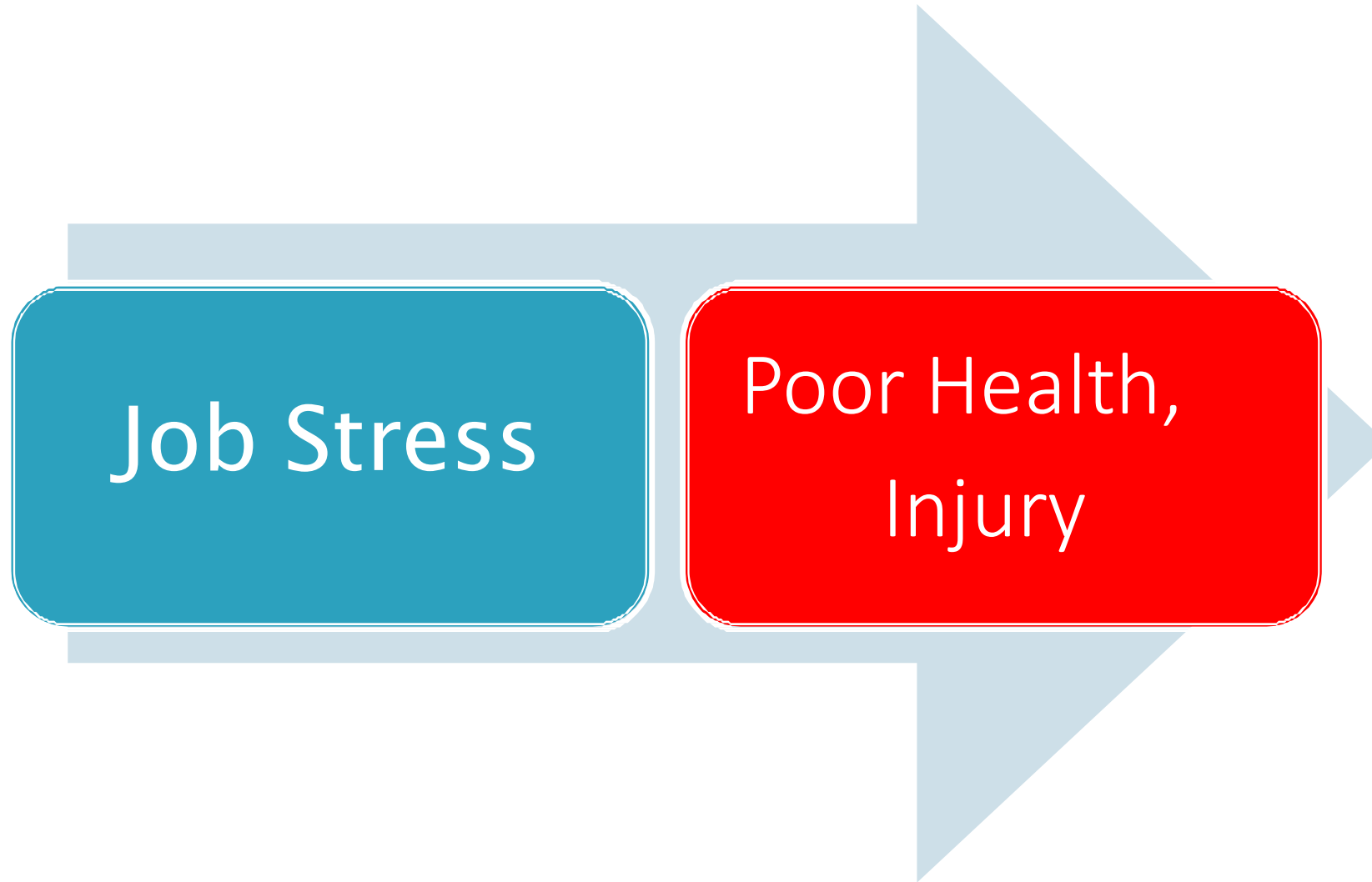
You have a high or very high risk of becoming ill in the near future.

150–299

You have a moderate to high chance of becoming ill in the near future.

<150

You have only a low to moderate chance of becoming ill in the near future.



Job Stress

Poor Health,  
Injury

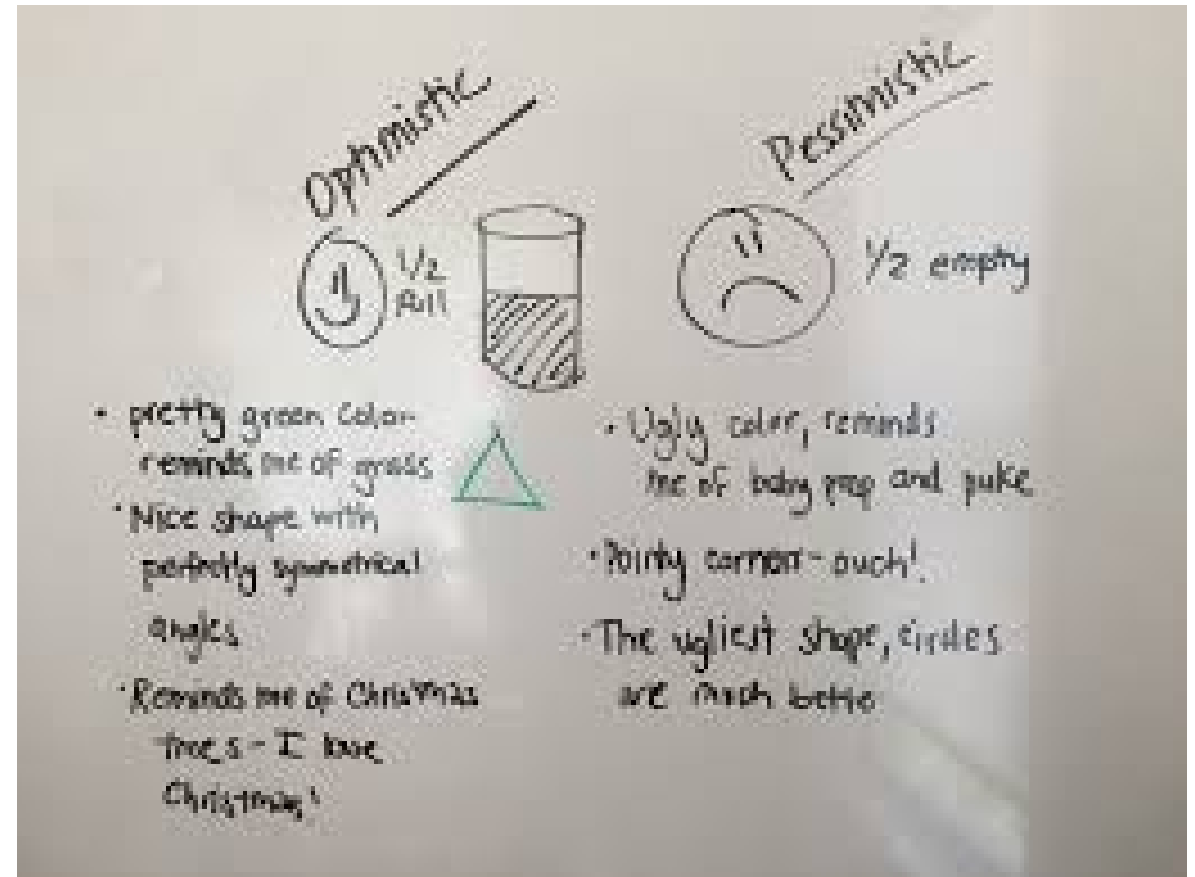
# 1. Daily Hassles of life

- Environmental stressors
- Family and relationship stressors
- Social stressors
- Work stressors



## 2. Internal factors

- Uncertainty or worries,
- Pessimistic attitude,
- Self-criticism,
- Perfectionism,
- self-esteem,
- Excessive or unexpressed anger,
- Lack of assertiveness
- Unrealistic expectations and beliefs



### 3. Major life change

- a divorce,
- a child leaving home,
- a planned pregnancy,
- a move to a new town,
- a career change,
- graduating from college, or
- diagnosis of cancer

The faster or more dramatic the change, the greater the strain.





# Signs and Symptoms of Stress

- Emotional Symptoms
- Behavioural Symptoms
- Physical Symptoms
- Social Symptoms

When they are stressed, many people ...

...cannot focus



...get angry easily



...cannot sit still



...have difficulty sleeping



...feel sad or guilty



...worry



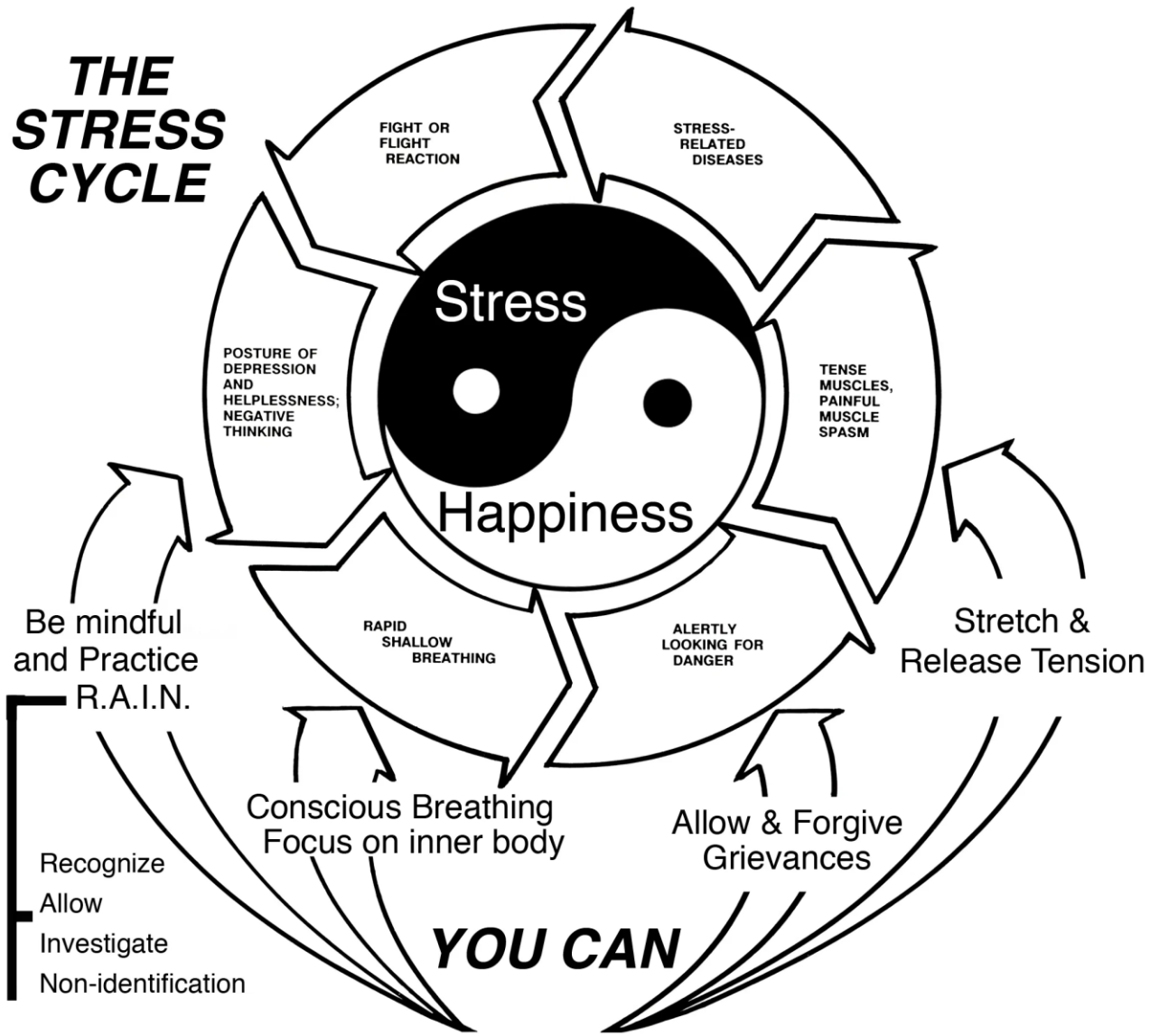
...cry



...feel very tired



# THE STRESS CYCLE



**BREAK THE STRESS CYCLE IN FOUR WAYS**

## headaches

Stress can trigger and intensify tension headaches.

## increased depression

Chronic stress can wear you down emotionally and lead to depression.

## heartburn

Stress increases the production of stomach acid, which could lead to heartburn or make it worse.

## insomnia

Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.

## rapid breathing

When you're stressed, the muscles that help you breathe tense up, which can leave you short of breath.

## weakened immune system

Long-term stress weakens your immune system's defenses, leaving you more vulnerable to infections.

## risk of heart attack

Over time, an increased heart rate and high blood pressure damage your arteries, which could lead to a heart attack.

## high blood sugar

Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.

## pounding heart

Stress hormones make your heart pump faster so that blood can quickly reach your vital organs and limbs.

## high blood pressure

Stress hormones tighten blood vessels, which can raise your blood pressure.

## fertility problems

Stress interferes with the reproductive system in both men and women, and may make it harder to conceive.

## stomachache

Stress affects your body's digestive system, which can lead to stomachaches, nausea, and other tummy troubles.

## erectile dysfunction

Your brain plays an important part in the process of getting an erection. Stress can interfere with this process.

## low sex drive

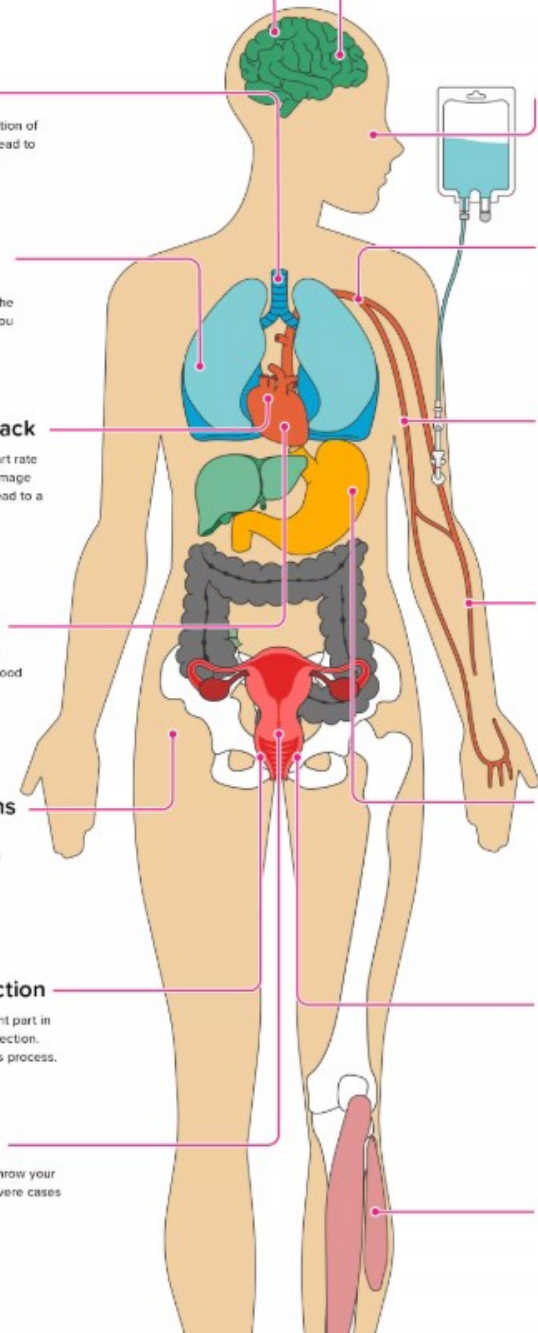
Stress — and the fatigue that often comes with it — can take a toll on your libido.

## missed periods

Fluctuating hormones can throw your menstrual cycle off, or in severe cases stop it altogether.

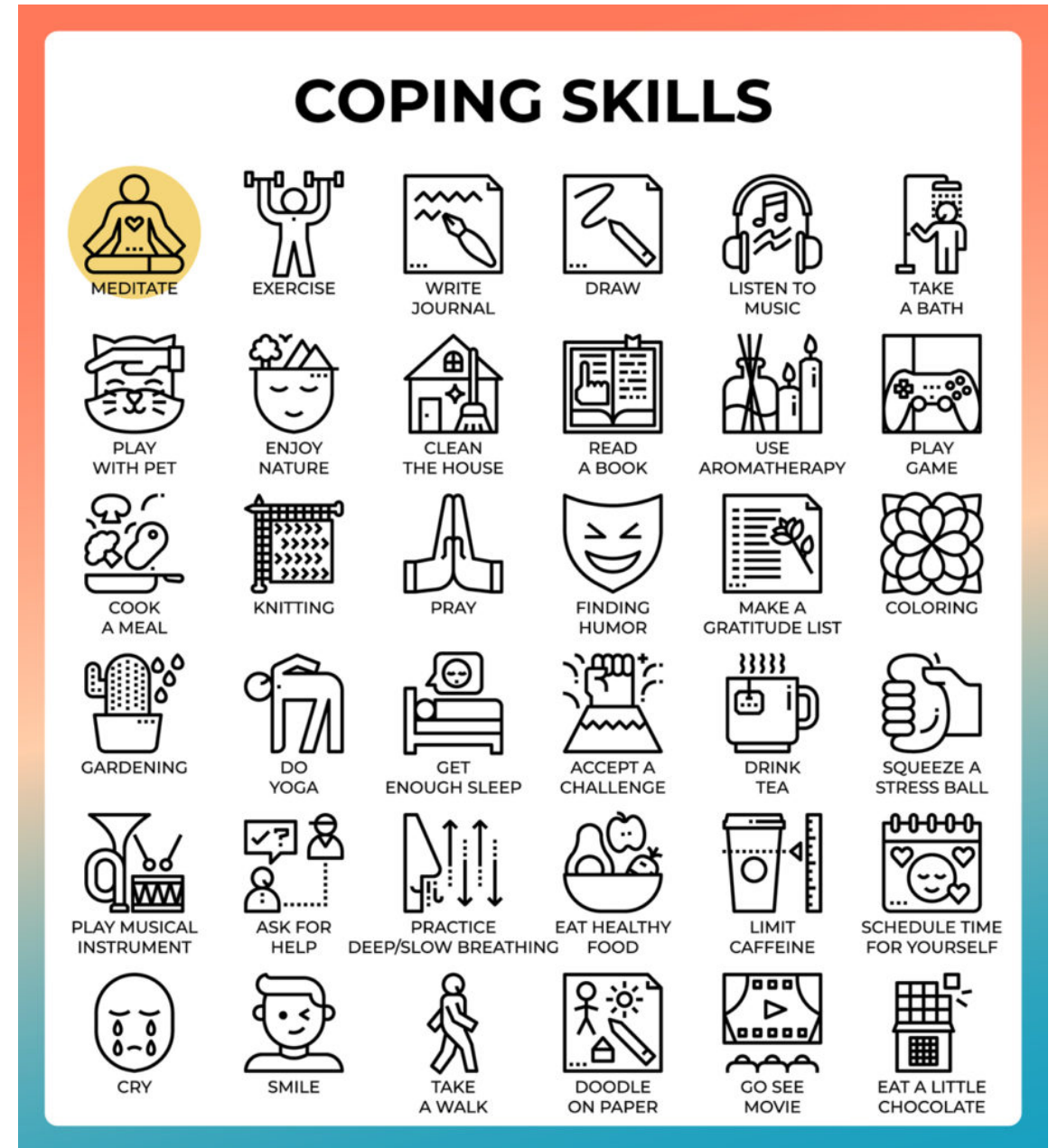
## tense muscles

Stress makes muscles tense up, and chronic stress can lead to tension-related headaches and backaches.



# Emotional Symptoms

- Moodiness
- Agitation
- Restlessness
- Short temper
- Irritability, impatience
- Inability to relax
- Feeling tense and “on edge”
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness



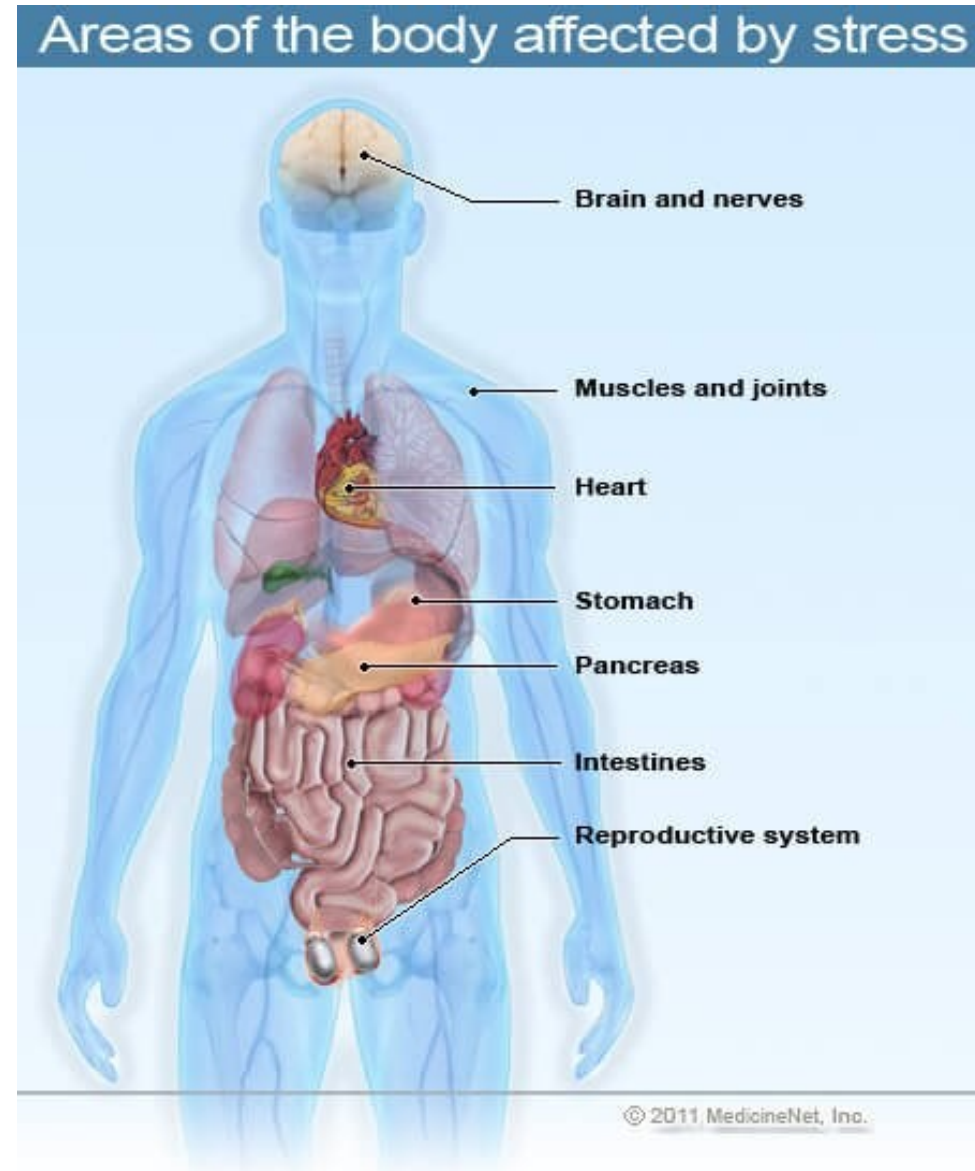
# Behaviors Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastination, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)
- Teeth grinding or jaw clenching
- Overreacting to unexpected problems
- Picking fights with others



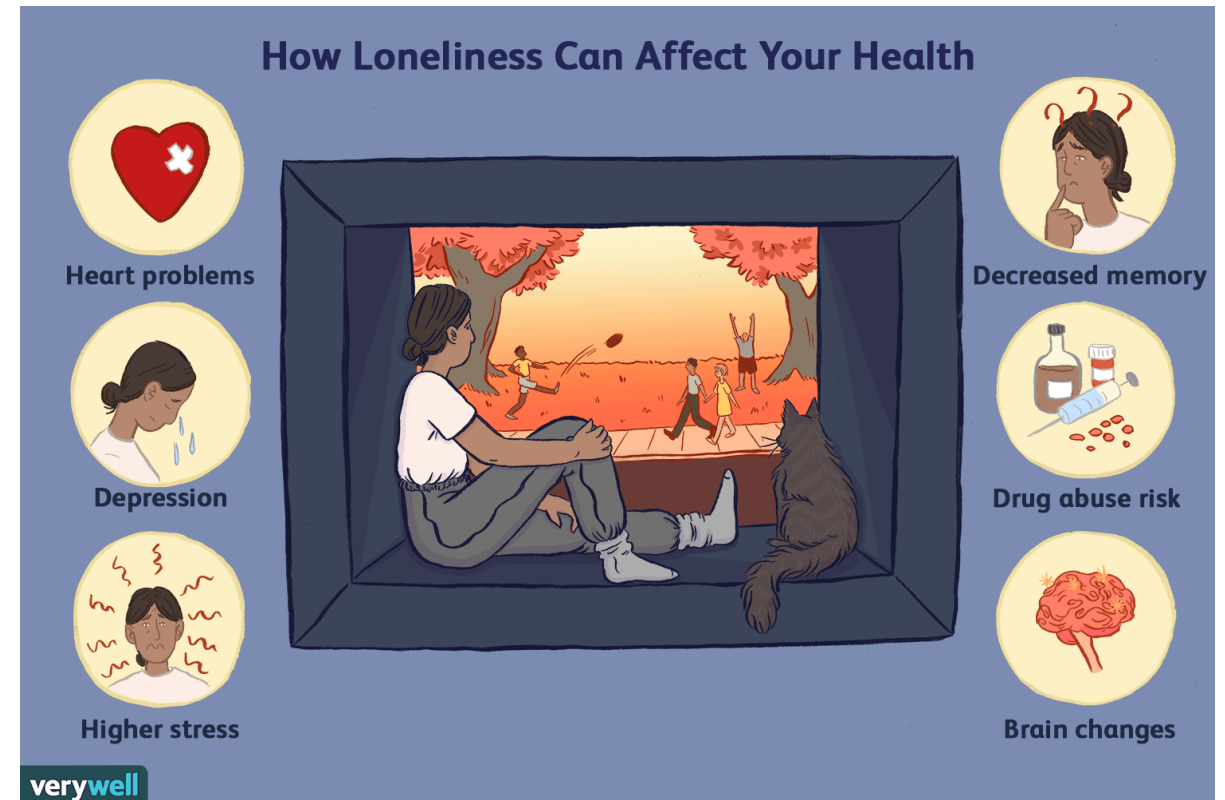
# Physical Symptoms

- Headaches or backaches
- Muscle tension and stiffness
- Diarrhoea or constipation
- Nausea, dizziness
- Insomnia
- Chest pain, rapid heartbeat
- Weight gain or loss
- Skin breakouts (hives, eczema)
- Loss of sex drive
- Frequent colds



# Social Symptoms

- Stress often affects our social lives. When undergoing high-level or persistent stress, individuals frequently retract from social interactions and become irritable and hostile.

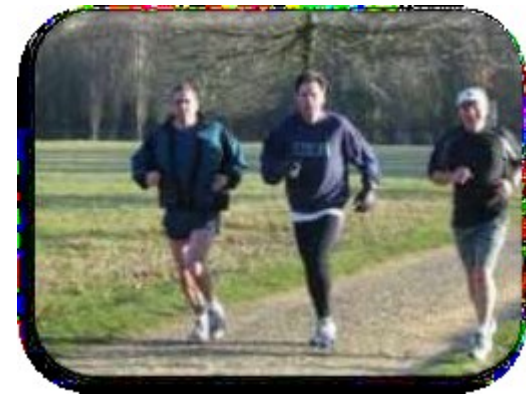


# Stress Management Techniques

1. Exercises
2. Diet
3. Time management
4. Assertiveness
5. Relaxation
6. Tackling work related stress
7. Meditation & Mindfulness



- Exercise, like any form of stress management technique, can become a habit.





- ▶ Plan a fixed amount of time every day.
- ▶ Choose an activity which you enjoy.
- ▶ Find partners.
- ▶ Be enthusiastic.
- ▶ Begin Moderately.
- ▶ Keep a record.



Make exercise fun  
by exercising with  
a friend

# Benefits of Physical Exercises

- Improves heart efficiency
- Reduces Cholesterol Level
- Secretes Endorphins
- Relaxes the muscles
- Helps control Blood Pressure
- Helps to encourage rest
- Improves mental capacity and agility
- Increases self esteem
- Improves sense of well being
- Facilitates a good mood.

# Diet

- It is a medically established fact that eating a healthy diet can help to defend against stress.



Canada's food guide

## Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

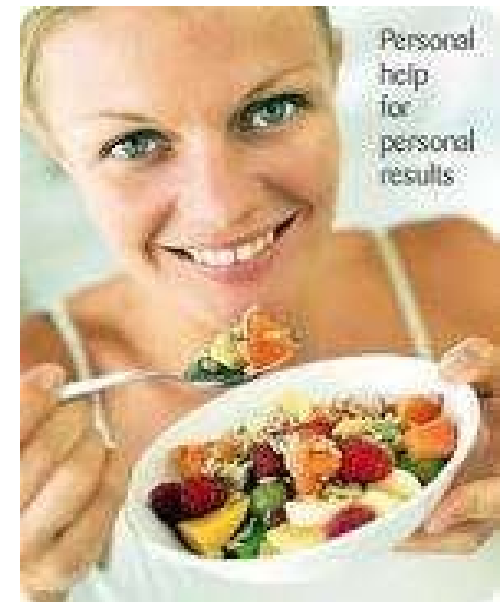
Health Canada Santé Canada

Canada

A large white plate filled with a variety of healthy foods. On the left, there's a section with fruits like strawberries, blueberries, and apples, and vegetables like broccoli and carrots. In the center, there are more vegetables like spinach and mushrooms. On the right, there's a section with protein foods including salmon, chicken, and eggs, and a small bowl of yogurt. At the bottom right, there's a section with whole grain foods like bread, spaghetti, and rice. A glass of water is shown in the top right corner. Callout lines connect text boxes to these different food groups.

# Diet

- ▶ Breakfast is the most important meal of the day, and a good, healthy breakfast gives you a solid foundation for a stress-free day.
- ▶ Collect healthy recipes that you genuinely like and enjoy eating.
- ▶ Eat slowly at regular hours.



# TIME MANAGEMENT

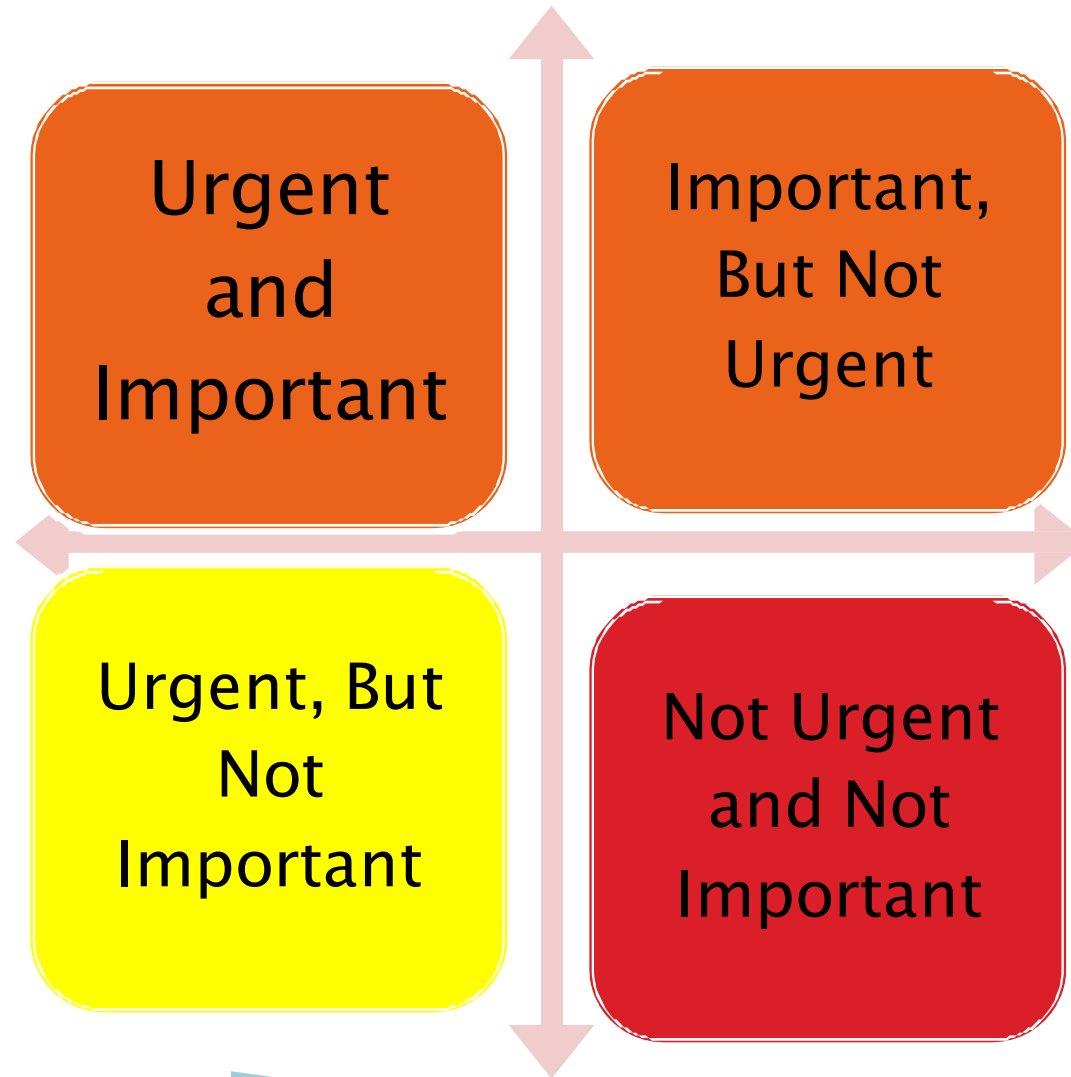
- ▶ In today's hectic world, stress is often caused by the buildup of time pressures.
- ▶ We have shorter deadlines,
- ▶ longer working hours,



# TIME MANAGEMENT

- ▶ Time management allows you to plan and organize your life so as to give yourself more space and opportunity.
- ▶ It involves planning, delegating, setting goals and not wasting time doing unnecessary things or worrying about things you can do nothing about.

# The Urgent/Important Matrix



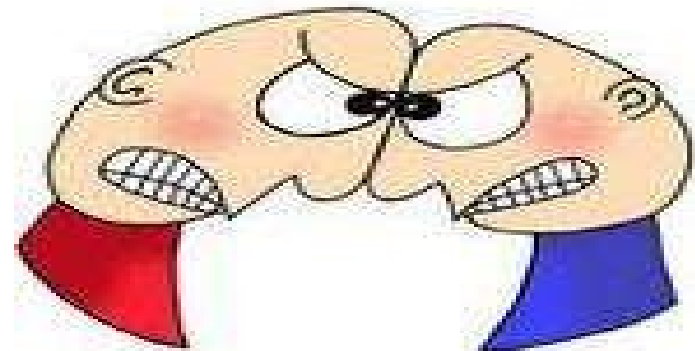
- ▶ Set blocks of time aside to deal with specific things.
- ▶ Avoid distractions.
- ▶ Be ruthless with dealing with paper and administration.
- ▶ Don't procrastinate





# ASSERTIVENESS

- ▶ Assertiveness is not just about getting what you want; it's about getting the best possible outcome for everyone, including you.
- ▶ Getting what you want at someone else's expense is more commonly known as aggressive behaviour.



*Assertiveness and aggression  
were NOT identical twins*

- ▶ It will help you understand how to achieve your goals and stand up for your rights without neglecting the rights of others.



- ▶ Passive behaviour can lead to internalizing anger.

# BEING ASSERTIVE

Honest  
explanation

Clarify your  
reasoning

Give an  
alternative

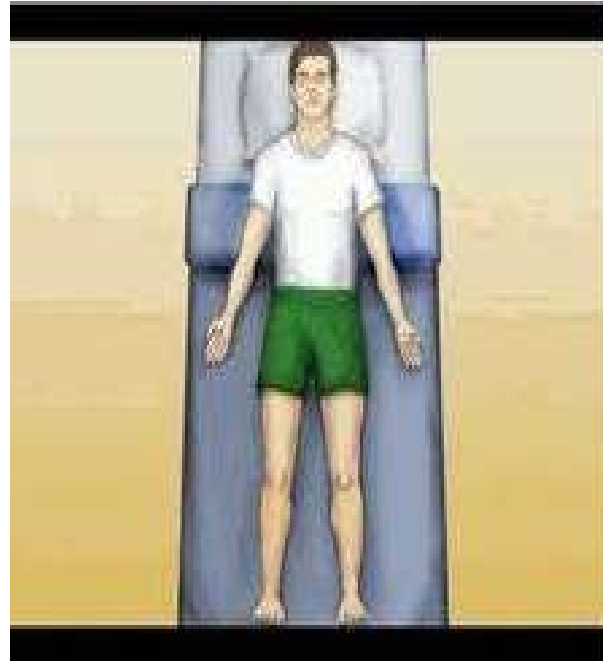
Assertive  
refusal

# Relaxation

- ▶ Maximum benefit requires regular and continued repetition of relaxation techniques.
- ▶ "Belly breathing", can be very effective with managing stress.



- ▶ Progressive relaxation may take up to 2 months to master.



# THOUGHT CONTROL

1. **Identify** the thought(s) which create worry and stress
2. Be **Alert** to clues which lead to worrying thoughts
3. **Detention** is the moment you say to yourself with conviction to “Stop!”
- 4 **Distraction** consist of thinking of more positive things

# Tackling Work-Related Stress

- ▶ Taking action to manage stress effectively can have a positive effect. Employees will be more committed to your business and productivity is likely to increase.

# 1. Introduce measures to reduce the demands of the job.

- ▶ Set targets that are challenging but realistic.
- ▶ Make sure employees do not take on too much work. Encourage delegation where possible.
- ▶ Provide training in time management, if necessary.



- ▶ Encourage employees to prioritize and tackle the most important tasks first.
- ▶ Cut back on time-wasting activities, such as over-long meetings.

## 2. Take steps to avoid a long-hours culture.

- ▶ Encourage employees to take regular short breaks, in addition to longer holidays to allow them to unwind fully.
- ▶ Make sure they take a lunch break, rather than eating on the job.
- ▶ Encourage employees to leave on time and to do something in complete contrast to their work.

### 3. Implement policies and procedures to improve working relationships.

- ▶ Draw up a policy to prevent bullying and harassment.
- ▶ Consider training managers in interpersonal skills.
- ▶ Make sure there is someone within the company that employees can bring their problems to in confidence.

## 4. Establish a style of management that is appropriate and productive.

- ▶ Rule by reward, not punishment. Let employees know their work is valued and appreciated.
- ▶ Review performance regularly, so employees know how well they are doing.
- ▶ Operate an open door policy, and encourage employees to approach you with problems.

- ▶ Monitor levels of absence and sickness leave.
- ▶ Survey staff to assess staff attitudes and experiences in the workplace.
- ▶ Draw up a stress policy stating that you take stress seriously and detailing how you plan to deal with workplace stress.
- ▶ Offer employees training, help, advice and support.

## 5. Inform employees about changes that affect the way the company operates.

- ▶ Ensure employees understand the company's long-term goals.
- ▶ Explain the reasons for any change and how they might be affected.
- ▶ Arrange meetings to discuss new projects so everyone is clear what is happening and what is expected of them.
- ▶ Encourage two-way communication with staff. Ask for input, ideas and opinions.

## 6. Establish clear job descriptions.

- ▶ Clarify employees' objectives and responsibilities.

## 7. Provide support to employees experiencing personal problems and difficulties.

- ▶ Offer employees time off if necessary.
- ▶ Consider offering more flexible working arrangements.
- ▶ If appropriate, encourage employees to seek professional help.



# Conclusion

- ▶ Stress affects every areas of our life, at every stage and results from a myriad of causes.
- ▶ The work place is a major source of stress in our lives.
- ▶ It is imperative that both managers and workers should be conversant with stress management strategies to minimize stress in the workplace.

# Meditation & Mindfulness

## What is it?

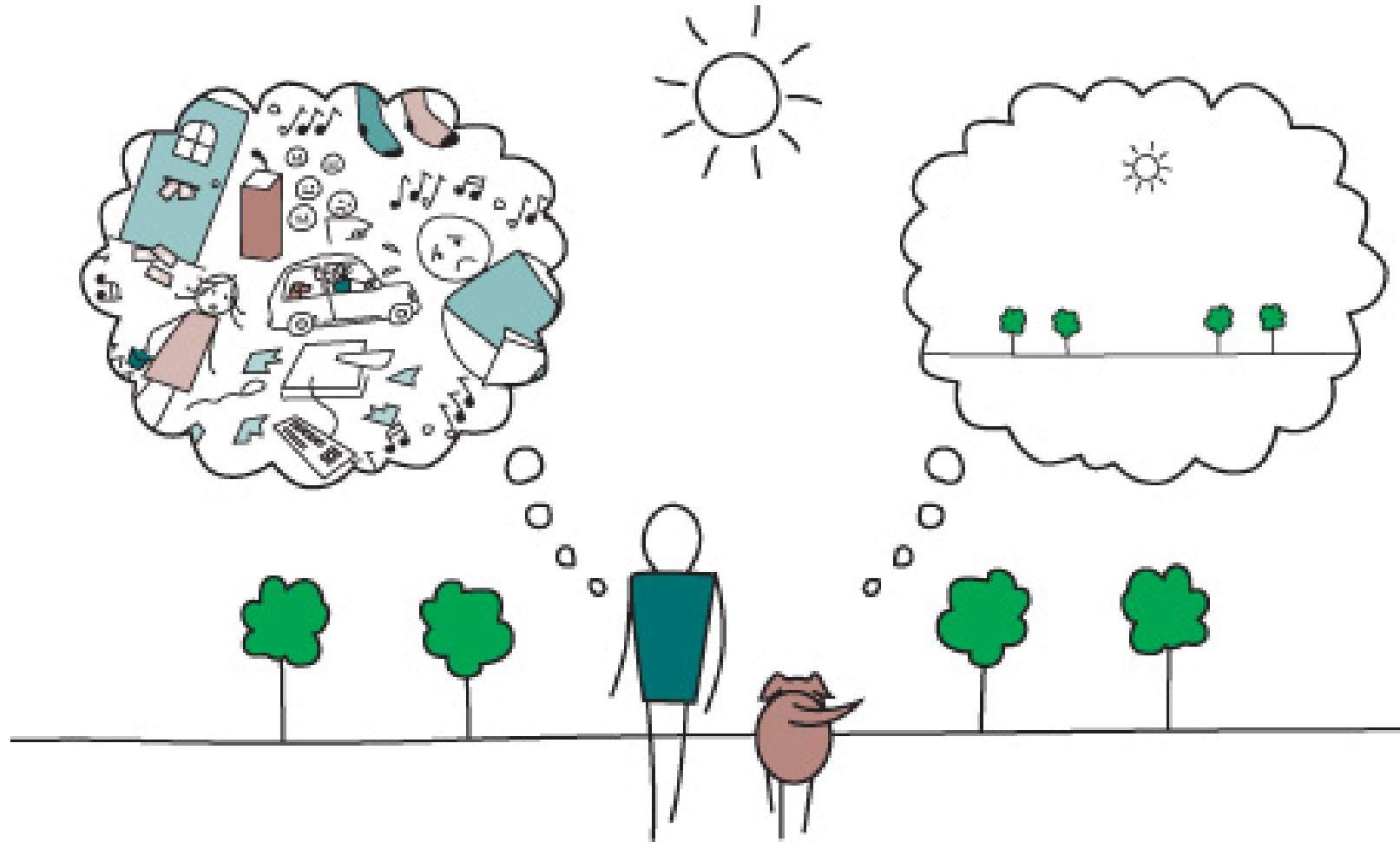
“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.”

-Jon Kabat-Zinn

Founder of Mindfulness-Based Stress Reduction (MBSR)

Learning how to meditate can bring an abundance of calm and relaxation into your life

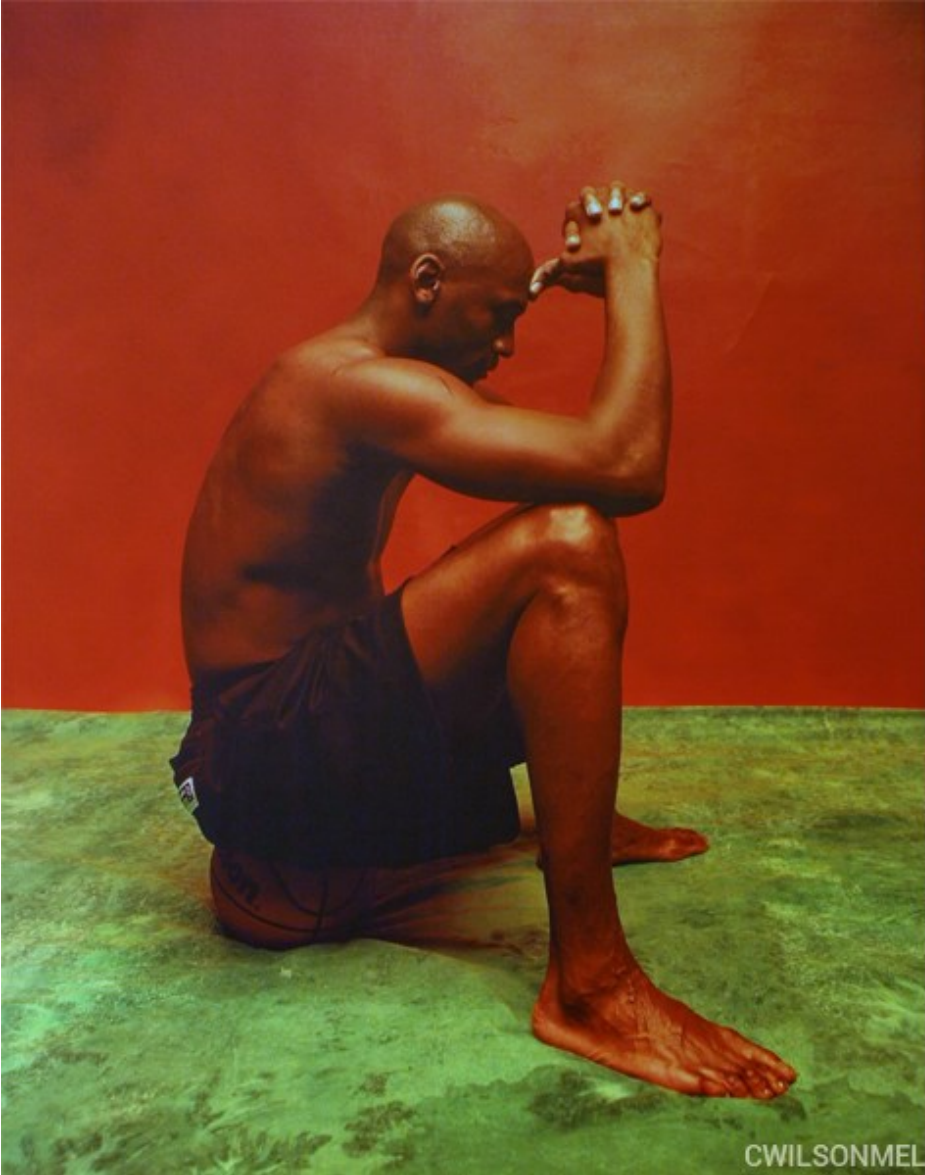




Mind Full, or Mindful?



It is said to lead to insight into the true nature of self and reality



# Pro-Social Behavior



- Impulse Regulation
- Emotional Awareness
- Compassion & Empathy
- Forgiveness



Mindfulness

# What is meditation?

- There are many types of meditation. The one definition that fits almost all types is... "Consciously directing your \_\_\_\_\_ to alter your state of consciousness."

# What is meditation?

- There are many types of meditation. The one definition that fits almost all types is... "Consciously directing your attention to alter your state of consciousness."

# Meditation is not...

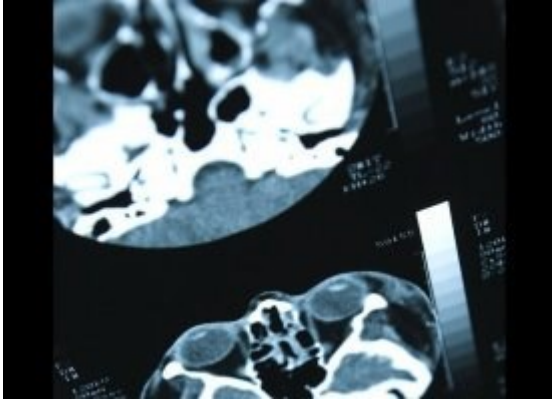
- Falling asleep.
- Going into \_\_\_\_\_.
- Becoming lost in thought.
- Forgetting who or where you are.

# Why Meditation



- Meditation leads to **neuroplasticity**, which is defined as the brain's ability to change, structurally and functionally, on the basis of environmental input. Research by University of Wisconsin neuroscientist Richard Davidson has shown that experienced meditators exhibit high levels of gamma wave activity and display an ability -- continuing after the meditation session has attended.

# Why Meditation



## **It Increases Gray Matter**

A 2005 study on American men and women who meditated a mere 40 minutes a day showed that they had thicker cortical walls than non-meditators. What this meant is that their brains were aging at a slower rate. Cortical thickness is also associated with decision making, attention and memory.

# Why Meditation



- **Its Pain Relieving Properties Beat Morphine:**

In 2014, a study conducted by Wake Forest Baptist University found that meditation could reduce pain intensity by 40 percent and pain unpleasantness by 57 percent. Morphine and other pain-relieving drugs typically show a pain reduction of 25 percent.

# How Meditation

## **Concentrative - focus on:**

- Meditation of mind
- Meditation of body
- Meditation of senses



# Meditation: balancing an egg



- Pick an egg out the fridge and made it stand on the table, just concentrate:
- Breath;
- Relax;
- Calm;
- Firm;
- Just you and an egg.

# Summery

- **Fascinating Facts About Meditation:**

- 1. Neuroplasticity;**
- 2. It Increases Gray Matter;**
- 3. Its Pain Relieving Properties beat Morphine.**

- **Meditation can be simple:**



# Any Question:

- Home Work:
- Let's Egg standing and Meditating.

