

Empowering Lifestyle Made Easy

with Helen Brougham



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Massage – Beat Stress Quickly Podcast #6

Welcome to *Empowering Lifestyle* podcast talking about things for mums, what's dear to mum's heart, how to help mums to step into empowering themselves first, their lives, how they can be with their children that can make a huge difference. And we'll be talking to other experts.

Now here is today's episode:

Some areas that are very helpful when we are wanting to achieve what we want to achieve. Now we have to go back to our body because our body is the one that takes out the stress. If we are in a stressful situation, our stress goes somewhere. If you think you're coping really well and you're not being affected by it, **what happens is stress is going down into your body**. You might get a sore muscle one day from doing something and you go, "Oh I'm sore", then after a couple days it goes away. Down the track another pain comes up.

You might have sore wrists, then all of a sudden it goes away again. You might have a sore leg another time or a sore hamstring. You might have a headache and then you may have car accident which can tighten all the muscles in your neck.

What happens over time is this build-up slowly builds up pretty well from when we're born. Any little accidents we have, like falling off our bike, falling off the swing, falling over and hitting our head, falling off the lounge as a small child, these all contribute over time, so by the time we've left school – and we've had this stress from school, and then you add in extra learning or going to work. So the body is starting to work harder to do the jobs that we do.

They might think, **"Who's doing the work?"** Well what's really happening is that the bones are our structure, they hold the body up straight. You can't bend at the bone, you can only bend at a joint. You need the **muscles** and they are the ones that tie everything together so that you're not bones on the floor.

What the muscles do is they have a couple things that they do; **one is they store our emotional stuff**. So when we're stressed it gets put down in different muscles.

The other things the muscles do is that they **actually work everything and every movement we do is done by a muscles.**

Every time you look at your body, there are so many muscles. You can look at anatomy books and see them. The other thing is they work everything, so everything is as if you can imagine putting your fingers beside each other, sliding back and forth as we use them. Another thing they do is they are cushions for the bones.

Have you ever put something on your shin and you just had to get it off because it really hurt because it was leaning on your bone? That's why it hurts. When we have pressure on our bones it will often hurt and we'll want to roll over in bed because it's hurting.

This also happens as we get older. The muscles are being used, in and out, in and out, like playing a sport and you get hit on the leg, have bruising or an injury from sports. These injuries affect the muscles and they get tighter and tighter, and depending on how they're being looked after, if they had no treatment then they tend to get tighter and tighter, more injured and more knotted up.

By the time we're 30, 35, 40 all the stress, all the injuries, all the tightness, all the fatigue and stress builds up to such an extent that you can have what I call a muscle lock up.

Then they don't want to work. You might get cramping, you might get the muscles cramping and then they won't work for you and you can't stand on your leg. **In our minds we become** quite stressed, or become really restricted in your mind. The tighter your muscles are, the more restricted your mind becomes so you can't even think straight because there is so much stress going on in your body.

Another way this comes out is you'll get a cold and you'll think, **"But I was fine!"** As you get more stressed, this is where the colds and the flus come in. You may have seen this recently about the super bugs; everybody is having lots of different things, that now it's like – and we've all known this for a long time – the body when it gets a cold or a flu or an injury, it's as if your muscles have had enough, your body has had enough.

You've been pushing it too much and it's gotten tight and it says, **"Stop, stop, stop, stop, stop!!** I don't want to do this, **STOP!** I need to rest, I need to catch up." But because we're in business or we've got work, we keep going. **We keep pushing ourselves** and then the body becomes more overloaded to the point where there are lots of different illnesses that are happening. That's when we've done it for too long and we haven't been listening to what our bodies need. Our bodies are very different from generations ago and so they have to be looked after in a lot better way.

This is where **remedial massage is really helpful** and having a one hour massage means that you have a holistic massage at least an overall massage.

Because if you're stressed in your shoulders, some of the muscles actually start back there in your lower back, and some of the injuries or aches and pains can actually be coming from your legs, and actually **you are hurting in your neck**. And I've found lots of my migraines in all sorts of funny spots that have really affected you and your body.

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