

Holiday Stress

The holidays are upon us once again! I could talk about the “fresh turkeys” available in the grocery store and tell you that they may come in fresh, but are dunked in an antimicrobial wash to increase their “shelf life” by weeks! Or, I could suggest that you read the ingredients that go into a pre-basted turkey to find that it is all chemicals. However, being healthy, especially in times of stress, is more than what we eat or drink.

There is a special gift you can give yourself that will help ease the stress, help you sleep better and possibly give you a better outlook on life. When you are feeling the “holiday stress” have a massage!

We have enough pressures and challenges, but at the holidays the stress seems to mount. Too much to do and not enough time along with family pressures, work pressures, entertainment pressures and money pressures. Give yourself a break from the “fight or flight” feeling that makes muscles tense and puts the nervous system on high alert.

Massage triggers a relaxation response which helps to take your body off “alert” by decreasing heart rate and blood pressure, slowing breathing, relaxing muscles, returning digestion to normal and shifting your hormone balance. Reducing stress can restore your energy, but massage can also help alleviate anxiety and give you a feeling of well-being. It can be a time of practicing being in the moment or a time of meditation.

Some massage techniques release muscle tension directly by stretching or kneading muscles and their connective coverings (called fascia). Massage helps to increase circulation which helps remove waste products and brings in nutrients to stressed-out muscles. Tight muscles restrict joint movement. Massage relaxes and improves your range of motion and helps stimulate the production of natural lubrication for the joints. It also increases your circulation which helps to drain tissues of excess fluid.

Massage can be very helpful if you are bothered by any kind of headaches. It releases tight, shortened muscles, trigger points and fascia. It may help to restore balance in the body which promotes better posture and reduced anxiety.

Massage positively affects not only the muscular system but also affects the skeletal system by increasing the range of motion, the circulatory system by enhancing the elimination of waste and fluid, the nervous system by helping to reduce nerve entrapment through the release of soft tissue and the respiratory system by increasing the action of the heart, stimulating the blood flow to and from the lungs which helps with the absorption of oxygen. When the holiday rush is getting the best of you—give yourself a gift for an hour and treat your body to a healing massage!

Rocky Plains Quality Meats located at 4022 Weld County Rd. 11 has holiday meal and gift ideas. Visit us soon or give us a call 303-833-3791.