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Anxiety and Massage

Another helpful thing to consider for anxiety and panic attacks is getting a massage. This idea might at first seem questionable for some, but let me discuss some interesting things about massage and I think you'll see why this is not a bad idea.

Massage has been documented as one of the oldest healing arts in the world. Records documenting its use date back over 3000 years.

There are hundreds of different kinds of massage and bodywork techniques.

Here are all the great things that can accompany a massage:

The metabolic rate of the body slows down.

Breathing becomes more regular and the heart rate comes down to normal range.

The blood lactate level also falls significantly. Lactate is responsible for the muscular fatigue.

Blood pressure decreases.

Brain waves are altered in a beneficial way

The body secretes protective mood altering neurotransmitters. One of these, known as serotonin, is a powerful hormone associated with feelings of happiness, contentment and relaxation.

It is easy to see that the relaxation induced through massage can be helpful for anxiety.

Additional benefits of massage that have been suggested are:

- Improved concentration
- Enhanced quality of sleep
- Reduced or eliminated pain

Page 1 of 2

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Improved joint mobility
Improved circulation
Improved immune system functioning
Increased lymphatic drainage
Reduced tension within muscles
Reduced fatigue and increased energy

Ultimately it has been said that massage helps relieve the stresses and tensions of everyday living that can eventually lead to disease and illness. The negative effects of many illnesses can be exacerbated by stress.

Also massage is a great alternative to the unhealthy feel good mechanisms that many people use in their life as a means of escape.

Ideally going to a registered massage therapist is the easiest and best way to receive a massage, but massage is also something that a friend or partner can provide, and either way it can help for anxiety.

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