

Ensure Your Health

Restorative Bodywork Solutions, LLC

What is the Difference?



There are a terms used regarding muscles and most people just don't understand the differences in what their true meanings are.

Some of the widely used ones are:

Muscle Spasms

These can cause cramps and are

usually brought on by:

- Muscle Fatigue
- Heavy Exercise
- Dehydration
- Pregnancy
- Hypothyroidism
- Reduced levels of Magnesium and Calcium
- Alcoholism
- Kidney Failure
- Medications

Muscle Twitches

These are minor local muscle con-

tractions of a single muscle group served by a single motor nerve. The causes are:

- Benign— affecting eye-lids, calf, and thumb- triggered by stress or anxiety
- Diet deficiency
- Drug overdose, i.e. Caffeine
- Drug Side Effects
- Exercise

Keys to Successful Living

- *Spending Time in the Out of Doors— all kinds of weather*
- *Watching a Sunrise and a Sunset*
- *Going Barefoot*
- *Feeling the connection of air to your skin*
- *Become enthralled with being alive*

Muscle Sprain or Strain?

These two terms get more complicated.

Muscle Sprain

These are stretched or torn ligaments. Ligaments are tissues that connect bones at joints. Symptoms include swelling, pain,

bruising and inability to move the joint. You might feel a pop or a tear when it happens.

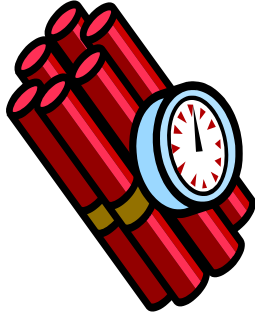
Muscle Strain

These are stretched or torn muscles or tendons. The symptoms include pain, muscles

spasms, swelling, and trouble moving muscles.

No one wants any of these, however, they are good learning tools for how to take care of ourselves and can lead to more avenues for prevention.





Stress, where it all begins

It might sound so simple, but most people are not tuned in enough to have the awareness of what is causing them stress. They feel it and yet ignore it because that is what they have learned to do—preserver. Learning to red flag stress early is tantamount.

Physical signs of stress are low back pain, head-

aches, indigestion, constipation and cold, sweaty palms. Some of the outward signs are increased use of computer or television, feeling rushed, difficulty concentrating, overreacting to things, withholding affection, less interest in socializing, —to name a few.

Many so-called bad habits, like smoking, watch-

ing too much television, and overeating are ways of handling stress.

Learning to identify what is happening, the stressors and how you are coping with these is good information. These ensure you have a chance to work on what is needed before your physical body starts deteriorating.

“Don’t let your mind bully your body into believing it must carry the burden of it’s worries.

—Astrid Alauda

Managing Stress/Being Managed by Stress

Accessing and knowing your strengths helps when you are getting into overwhelm. Two basics are noteworthy—optimism and knowing you can deal with what is happening.

If you are having problems with knowing how this works, look at oth-

ers and see how they are taking care of themselves.

Increasing such things as exercise by parking further away or climbing a flight of stairs rather than using the elevator will provide very positive change in not only your body but

you sense of accomplishment and pride. In time you will find your body demands such and unless it is done you will feel sluggish and that something is missing.

You will, in time, develop a “I can handle stress” mentality.

Mindfulness and Present Moment

Enjoyment is what we seek, but it is also something we make. Watch how your mind will run from past to future and totally bypass the present moment. The more “busy” thinking you do, the more you are adding to the stress you were feeling less than a second before.

Detaching from your thoughts will improve your ability to deal with stress and will decrease the reactivity that will come from your busyness.

When you do this the amount of tension in your body should decrease dramatically and

this is not only solid learning, but a way to prevent further escalation into “stress made” dis-ease.

Quit shortening your life and reacting to your own thoughts!!!!



Feeding Stress

There are significant bodily changes going on when you have been feeding stress. Some include hormones, neurotransmitters, and steroids that are creating the physical reality of the stress.

Our body is geared to try and keep itself in high mode when stressed and this include an unconscious need to feed it quickly through sugars and fat ingestion. When you are not

stressed you easily choose healthier foods because the body does communicate to create a sense of balance or homeostasis which is meant for survival.

The body unwittingly creates a sense of double jeopardy from stress and the hormones cause the body to start storing calories in the fat of the belly. This visceral fat is engaged in a stress situation as well and dumps triglycerides into

the blood which help help develop plaque in your arteries.

Shifting your mind out of the flight or fight will have a positive effect on the body's reaction to stress.

Finding pleasure increases your life.



Clearing Tension

Physically discharging tension and clearing this overabundance of stress reactive realities through exercise will go a long way to not only making the day more pleasurable but ensure your health.

Even short bouts of ex-

ercise have been shown to work just as well as a longer 30 minute workout, so don't consider minor exercise is not worthwhile.

Controlling feels or denying them maintains stress in your body. It is a tightening or tissue which also constricts

the flow of blood, slowing down the process of eliminating the chemical reactions to stress.

Eventually you will be experiencing physical pain if you do not allow your feeling to flow—because your body does as your mind creates.

“Stress is the trash of modern life—we all generate it but if you don't dispose of it properly, it will pile up and overtake your life.”

—Danzae Pace

Effective Solutions

The relying on one coping tool is not the answer to how to deal with stress. You need a whole array of options that you can pick and choose .

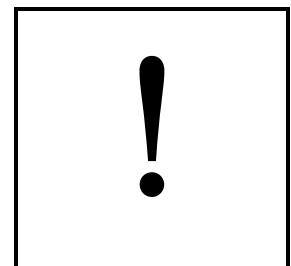
Some people find journaling to be helpful.

Learning to communicate successfully with others and developing good relationship works.

Meditation techniques developed through practice are available to you as well.

Learn to separate the emotions from the storyline. In doing so, you will find in time, you can learn to make clearer and less impulsive decisions.

Spend your life in a more relaxed state.



Restorative Bodywork Solutions, LLC

Ensure Your Health

***15 Sams Point Rd #103
Beaufort, SC 29907***

522-0278

WE'RE ON THE WEB!

WWW.RESTOREBODYWORK.COM

Trauma

Victims look to outside sources for remedies. When one is not found to rescue them, then they become frustrated and depressed because they feel impotent.

Aggressors try to annihilate the perceived force or forces. The action

becomes unsatisfactory and they, too, becomes frustrated and depressed with an overall sense of impotence.

The best approach is to not choose either path to worry, confusion, frustration, sleepless nights, physical aches and pain—even major

physical, mental and emotional setbacks.

If the trauma is taken as a challenge to be mastered, rather than the fight or flight syndrome, the benefits of the stressful traumatic situation can be the earning of a fabulous reward—your freedom and peace.

Have a Great Valentine's Day!