

Stress Relief-Massage

About Massage...

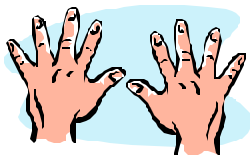
Massage is touch. It is used for many different reasons. The main reason that will be focused on in this handout is massage for stress relief. Simple massage techniques can be used anytime or anywhere in order to relax and relieve stress.

Self-massage

Self-massage is easy to do anytime and anywhere. Taking a minute or even a couple seconds here and there can provide relaxation to your muscles. In order to give yourself a massage you just rub little circles gently across the area being massaged. Here are some examples of areas to self-massage...

- * Hand massage
- * Forehead
- * Neck
- * Shoulder

Those are just a few examples. You can self-massage sore arms, legs or feet also. Next time you are sitting at a computer or desk your muscles will thank you for the relaxing break!



Simple Seated Partner Massage

This simple massage is used for stress relief. All you need is a partner, a nice relaxing and quiet atmosphere and a chair.

Here is an explanation of the techniques for giving a seated massage...

First, have the receiver sit on a chair and lean forward with their elbows resting on their thighs. Second, you will need to make sure that they don't have any back problems by asking them before you start. Then let them know that you are going to start.

Effleurage: Start by moving both hands over the back in a heart shaped motion.

Petrissage: Place hands on the top of the shoulders. Lift the muscle from the bone and lightly squeeze, then slowly release.

Friction: Perform circular movements with your thumbs along the sides of the spine. Make sure you are not touching the spine directly.

Tapotement: Use your fingertips, straight sides of your hands or cupped palms to rapidly strike the back. You will go above the shoulder blades and on each side of the spine. Make sure not to hit the shoulder blades or spine directly.

Lastly, end with a light effleurage!

Reminders for Givers and Receivers

Giver...

- Talk with your partner about any physical problems they may have.
- Let the receiver know when you are going to touch them.
- Make sure your touching is comfortable. Find out if the pressure is too hard or soft.
- Give the receiver your undivided attention.

Receiver...

- Breathe deeply and regularly
- Keep your mind from wandering.
- Don't feel like you need to talk. Conversation is unnecessary because it is time for you to relax.
- Let the giver know what feels good and what doesn't.

So take time out of your busy day to relax and enjoy a nice massage!





This document was prepared by the staff of the UWSP Office of Student Health Promotion
This information should not be used in lieu of medical care.
Last updated: July 2001