

Massage: More than a “feel good” experience



Many people like getting a massage. It may be a head, neck and back massage in a chair. Or it can be a full-body treatment on a massage table.

Any kind of massage gives you a “time out.” And it can help in other ways, too.

Can you guess the physical benefits?

Which 7 items below are physical benefits of massage?
(Answers are at end of article)

1. Reducing low back pain
2. Fighting tooth decay
3. Boosting your immune system
4. Stretching your muscles
5. Losing twenty pounds
6. Increasing flexibility
7. Expanding range of motion
8. Giving you better breath
9. Preventing stress headaches
10. Reducing problems after surgery

Massage and mental wellbeing

Massage can't make all your stresses go away. But body therapies can help you manage and cope.

Which 7 items below are ways that massage can help you feel better mentally and emotionally?¹ (Answers are at end of article)

1. Helping relieve depression
2. Calming anxieties
3. Helping remind you to call your parents
4. Releasing endorphins — the body's natural painkillers
5. Enhancing sleep quality
6. Increasing your desire to make new friends
7. Promoting greater energy
8. Giving you better dreams at night
9. Increasing circulation
10. Helping you focus and think more clearly

Take good care of yourself

Getting a massage is a great form of self-nurturing. Taking care of your body is one aspect of valuing your health and yourself. You can talk with your doctor to see if massage could be a part of your wellbeing program.

Answers to physical benefits quiz:

Incorrect answers are #2, 5, 8. The rest are all correct.

Answers to mental wellbeing quiz:

Incorrect answers are #3, 6, 8. The rest are all correct.

¹Massage: More than a “feel good” experience. Accessed May 2017.

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