

Do you get Massages and Do they Work (Stress and Anxiety)



According to the National Institute of Mental Health, over 40 million adult Americans suffer from anxiety disorders. This is significant because anxiety and its disorders shape the quality of life and the health of those individuals affected. Therefore, anyway we can reduce its effect that is safe and simple is warranted. According to Mayo Clinic if you are one of the many who experience depression or anxiety or are just overloaded with extra stress, massage can be an effective part of treatment supporting you to create a sense of relief, empowerment and mind-body connection. Many of us feel great after a massage, but does the research back it up and why do we feel better if that is the case. I know I feel less stress after a massage, but how does it do that. Mayo points to a study which found a 60-minute massage can lower cortisol, a hormone that's produced in response to stress, by an average of 30 percent. And when cortisol levels decline, serotonin — one of the body's anti-pain mechanisms — increases by an average of 28 percent after receiving a massage. By lowering cortisol and increasing serotonin, you're boosting your body's ability to fight off pain, anxiety and feelings of sadness.

Another study published in the journal Depression and Anxiety found participants who received regular massage therapy for 12 weeks had a 50 percent reduction in anxiety symptoms. The great thing about this study was that there was followup. Researchers found symptom reduction remained at 50 percent at the 26-week mark even after the therapy had ended ([Study](#)). Massage therapy can also help alleviate the many symptoms of anxiety, including muscle tension and sleep disturbances. Please see the following massage benefits that are backed up by research. See excerpts to right. **It is clear based on the research that Massage can reduce Anxiety in many cases, which inflicts so many of us.**

DO YOU/CAN YOU DO THIS? SHORT WELLNESS SELF- CHECKS

According to [AMTA](#) Research indicates massage can:

- Reduce anxiety -
 - in psychiatric patients
 - in those with chronic pain
 - for cancer patients
 - for patients undergoing bone marrow transplants
 - in children with illnesses
 - in nurses
 - associated with lower back pain
 - in those with headaches
 - in patients awaiting invasive cardiovascular procedures
 - in healthy adults
 - in patients with generalized anxiety disorder²⁰
 - in patients under local anesthesia
 - in stroke patient
 - in the elderly
 - in children and adolescent psychiatric patient
 - in those at the end of life
 - in adults with hand pain
 - in patients with fibromyalgia
 - in patients withdrawing from psychoactive drugs
 - in burned adolescents
 - in patients with congestive heart failure
 - in women in labor⁴⁰
- Increase a sense of calm/reduce anxiety after surgery
- Reduce anxiety pre-surgery
- Reduce trait anxiety with a course of treatment providing benefits similar to psychotherapy
- Reduce the psychological and physiological anxiety levels in patients having cataract surgery
- Increase neurotransmitters associated with lowering anxiety²
- Decrease hormones associated with increasing anxiety²⁸

Self-Wellness: Solving problems.