Discussion

Student’s Name

Institutional Affiliation

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**Methods of Stress Management**

In managing stress, many methods or interventions may be applied to allow an individual to overcome the pressure that comes with being stressed. Each of the methods depends on the type of stress; careful considerations have to be made when a plan is being selected. From the given list, the method that was of great interest and focused on the paper is massage therapy. Massage is one of the most common types of medicines that are used today. It is not part of standard medication but is instead an alternative medicine used to treat various illnesses and conditions. Massage therapy is often offered by trained professionals who manipulate some of the body's tissues to bring about a great feeling in the patient. Some of the soft tissues include muscles, tendons, skin, and ligaments.

In massage therapy, the aim is to manipulate various tissues in the body using different degrees of movement and pressure. As mentioned above, it is a form of alternative or complementary medicine. However, its increased use in addressing various conditions, including stress management, has led to its popularity. Today, it is used in conjunction with standard medicine, which has led to improved patient outcomes. Its increased use has also led to expanded research on the real benefits it provides to patients in the healthcare setting. Studies have identified numerous benefits that it offers to clients. For example, it has been observed to help reduce stress, muscle tension, and pain among patients who use the method. The ability to help reduce stress has made it one of the significant interventions that can be sought in stress management among patients.

Its applicability does not only come about when people are affected by stress. It may also be used when individuals are faced with different stressors that could easily be precursors to increased stress levels among individuals. An example of a stressor that may lead to stress is when an individual is diagnosed with cancer. Such a patient may require cancer treatment and massage therapy (Young, 2019). The addition of massage therapy here would lead to a situation where the chance of developing stress is reduced, which may positively impact their health and well-being. Massage therapy aims at aiding in stress management through two main ways. They include physical and mental aspects. The physical element refers to an instance where stress develops in the muscles due to an injury or too much work. When muscles have increased levels of tension, an individual could suffer from burnout and could result in pain in the muscle areas.

On the other hand, mental stress occurs when a person falls into depression or anxiety. This is owing to various neurological factors in the brain and chemicals that are released that lead to building up of stress, and this can have devastating effects on the welfare of a person. Massage therapy helps relieve mental stress by increasing the level of relaxation, which in turn improves chemical balance in the brain, and this leads to a great mood. It tackles physical stress by enhancing the ease of various muscles in the human body, improving one’s welfare. When delving into massage therapy, it is also important to analyze some of the main types of massage on offer today. Some of the main types include Swedish massage, deep tissue massage, and therapeutic massage.

The history of massage as a form of therapy dates back to more than five thousand years ago. There have been perceptions that it was recently invented due to its popularity in modern trends. However, even though its benefits are being touted today more than ever, the form of therapy is not new. The origins of the treatment can be traced back to India. At the time, it was a regular part of medicine that was acknowledged by everyone in those communities. At the time, massage therapy was being used to heal injuries, prevent illnesses, and also relieve pain. Its use has not changed since back then since it is also used to alleviate pain today. Accident victims are often put in massage therapy to help them recover, and this is still being practiced today. The only thing that has changed since its use in the past is its application in addressing stress management. Its benefits are what have led to such an application.

The origins of massage therapy also point towards the perception that illnesses and diseases were being caused or came about when people were not in sync with their environment. The notion was prevalent and led to the popularity of massage. Many saw it as a tool that could help restore the natural balance between the body and the environment. The spread of massage started when cultures started to evolve. Trade among regions was also crucial in spreading the practice to other parts of Asia, including China. In 700BC, massage therapy has already been exported to the Roman Empire and Ancient Greece. The course was now being used to offer relaxation to athletes. The aim was to condition their bodies before engaging in various sporting events. Such adoption would see increased popularity of massage therapy and played a role in its export into other countries to date.

As earlier mentioned, the popularity of massage therapy has increased in astronomical ways in the recent past. Due to this, the different types of categories have also increased, and this means that one has to choose from a wide variety of therapies. The main distinction between the classes is based on the area of focus on the human body. The first type is the Swedish massage. The treatment focuses on the whole body and is a gentle type of massage. In the therapy, a person I supposed to remove all their clothes, although one may choose to remain with their innerwear (Fritz, 2015). One is then required to lay down on a massage table and covered with a sheet or towel. The therapist then works on various areas of the body by uncovering the sheet and applying varying levels of pressure on different body tissues.

Due to the increased demand for massage therapy today, there has been a growing need for the development of the therapy as a career or profession. Education for massage therapists varies. However, they must have at least a diploma from an institution of higher learning that provides the course of massage therapy. Apart from the skills needed in massage therapy, one is also required to possess a given set of skills. These skills include impeccable communication skills, empathy, focus, organization, great hygiene habits, and excellent judgment. These skills are essential when addressing the therapy needs of a client who requires the said services. One should also have a license with the local authorities before opening a business that offers massage therapy. The license ensures that the premises meet the needed threshold to provide these services to the general population.

References

Fritz, S. (2015). *Mosby's Massage therapy review*. St. Louis, Missouri: Elsevier/Mosby.

Young, S. R. (2019). *Massage therapy*. Salt Lake City: Woodland Pub.