

With ever increasing levels of stress in the world, it is important for individuals to take responsibility for their own health.

Reflexology can fit into a busy lifestyle and can easily be part of an individual's coping strategy, resulting in multi-system relaxation and increased well-being.

Stress is also thought to be responsible for many other illnesses and problems; therefore, relieving stress may prevent other problems in the future.

Reflexology should not be used as an alternative to seeking medical advice.

Where can I start looking for a professional reflexologist?

The letters MAR (Full), FMAR (Fellow) and HMAR (Honorary) after a therapist's name denote their full membership status, demonstrating that they have met the strictest standards of reflexology practice and that they are committed to continually developing their skills and knowledge, together with agreeing to abide by the Association's Code of Practice and Ethics.



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"MAR;
the sign of a
highly qualified
reflexologist"

Search for a professional reflexologist today.

Online search facility to help find a member near you

www.aor.org.uk

Alternatively, email info@aor.org.uk
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Stress

Self help for reflexology clients

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Stress: A reflexology perspective

Reflexology is a non-intrusive complementary therapy and while it does not and should not take the place of medical advice, it can comfortably work alongside medical care, especially with problems that affect the whole body. Stress is a classic example of such a problem.

Stress can affect many systems of the body and if the stress becomes long term or chronic then damage may occur. This damage can affect health and well-being, which in turn can make life harder in the areas of relationships, work and play.

It is important that individuals accept personal responsibility in recognising that they are stressed.

There are many recognised methods of self help; some may come automatically to a person, other methods may need more effort or even prompting from friends and family. Some methods of counteracting stress are constructive, others destructive. It is, of course, an important part of taking personal responsibility that the individual chooses carefully when deciding the route to take.

Constructive self help methods

1. Complementary therapy – we recommend reflexology here. A regular hour of manual therapy allowing personal time may be very beneficial.
2. Regular exercise to suit the individual – for some this may be a team sport, for others something more individual like golf, dancing or yoga.
3. Reduction in stimulants – this is not just coffee; tea and most cola based drinks also contain high levels of caffeine. Even chocolate contains caffeine, although the level of caffeine is lower. Alcohol, cigarettes and recreational drugs are also stimulants.
4. Healthy eating – the increase in cortisol can make you crave unhealthy foods which are high in fat, sugar and salt. Eating the right foods can help reduce the cravings and even replenish vitamins and minerals that are being depleted by stress.
5. Doing something creative – this can be anything from drawing to sewing to singing – anything which suits the individual.
6. Increased contact with your social relationships – e.g. visiting family and friends more.
7. Meditation or at the very least deep breathing.
8. More laughing! Smiling and laughing are thought to reduce stress levels; smiling also uses fewer muscles than frowning.
9. Taking on processes to learn how to cope – for example challenging unhelpful thoughts. For ideas, visit <http://www.moodjuice.scot.nhs.uk/stress.asp>

Destructive self help methods

These are actually the opposites of constructive self help methods. Particular ones to watch are:

1. Increased alcohol intake – the habit of one small glass of wine per night slowly increases to two large glasses.
2. Increased release of anger / frustration.
3. Lack of motivation in down time – zoning out with the TV or computer.
4. Changes in eating patterns – eating more or less.
5. Increased use of stimulants – especially recreational drugs.