

Health Benefits of Relaxation
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Stress, our reaction to environmental events can be both positive and negative. While some stress is a welcome part of an interesting existence, unchecked tension can wreak havoc on our emotional and physical well-being.

When we perceive an event will yield negative consequences our brain and body work in tandem to aid us battling or fleeing the situation. This response to threat is called the Fight or Flight response. When we feel endangered or frustrated our brain releases chemicals that communicate to our body that we are at risk. The body's response to jeopardy affects respiratory and circulatory systems, blood pressure and muscle tension. Our ancestors valued from this phenomenon when negotiating life among wild predators. In modern times we are more likely to invoke this response when faced with uncooperative electronics or traffic jams.

A regular form of deep relaxation that helps the body recover from stress and the Fight or Flight response offers a myriad of health benefits. Some forms of deep relaxation include deep breathing, progressive muscle relaxation, mind-full awareness, meditation and biofeedback. Practiced for twenty minutes a day benefits of these practices include increased productivity, better concentration and memory, less muscle tension, improved digestion, fewer headaches and a welcome boost to our immune and inflammatory systems. The recommended twenty minutes can be scattered throughout the day. Deep relaxation can be practiced when waiting for the bus, standing in line, or sitting at a traffic light. Multiple efforts to de-stress will aid in reversing the damage of accumulative stress and train you to automatically respond to annoyances in a healthy manner. Learn to relax, your mind, body will thank you.