

MARY and CHARLENE - OPTIONS FILE #113

Stress Relieving Movement . . .

Two local professional women have found the need for movement crucial in their high-stress social service jobs. The pressures of the work and the sedentary position at the desk and phone had taken their toll on Mary and Charlene, who sought to correct the situation and feel better about the work they do.

With the guidance of Helen Cox, director of Options Center for Health and Education, Peoria Heights, the two co-workers learned techniques they could use to relieve the stress and feel more positive, more energized, both at work and at home.

Mary said she was already aware of some pressure points in the body which she had utilized to relieve stress stored in the form of pain or tightness. With more specific education in the area of acupressure, "I am now able to use acupressure techniques myself to relieve the pain and tightness," she says. "Isolating a specific set of muscles and stretching them is a useful skill to learn." Her new skills are helpful in relief of head and neck aches common in her work life.

She said she has been amazed to find how movement can affect the way we feel and think. "The right kind of movement can help a person think better and even relieve depression."

Mary and Charlene have found the exercises in Brain Gym® also helpful in their people-oriented jobs. "We learned that stretching or limbering activities can contribute to listening and reading comprehension, improved attention span and social behavior, and the ability to communicate and respond.....all skills needed in our careers."

In addition to her job, Charlene has had to cope with the trauma of losing a friend to cancer. "Talking out my stress and grief helped in reaching my feelings, and the Brain Gym® exercises helped in finding balance in my life and career," she says. "I can use the techniques learned whenever the need arises to cut the stress off at the pass and continue with my work."

What Has This To Do With Health?.....