*Bodywork for Wellness*

Manual Physical Therapy & Therapeutic Massage, PLLC

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**Fall/Winter 2017 Newsletter**

**In Graditude and Celebration:** September 2017 marked a very special anniversary. Bodywork for Wellness has now been a successful operation for 10 Years! It is amazing how seemingly fast this time has passed, and it does mean a tremendous amount to me. I feel very blessed to be able to celebrate this occasion and I know very well this could never have been without each one of you reading this, so a very special THANK YOU!! As many of you know first hand I really strive to continue to learn and provide the highest skills to assist you in finding ease in your body. It is such a pleasure to be able to do this for my profession. The greatest compliment you could ever offer my work is to share the positive outcomes and the benefits you find with your friends and family. It is with deepest gratitude and excitement that I look forward to celebrating another 10 years, even 20 with you!

**Breathing for Stress Relief**: I think most of us are able to recognize that stress happens in life and for most of us it can be a daily or at least weekly event. We often think of stress relief as going on vacation or getting away for the day. But what if there was something with us everyday that we could us to help us move in the direction of reducing our stress levels? The good news is there is! Part of reducing stress levels means shifting our body’s nervous system from sympathetic (flight or flight- aka increased stress) to parasympathetic (rest, digest, and repair -aka decrease stress). Happily, our breath can really help us engage our parasympathetic nervous system. Our breath cycle has 2 phases an inhale with is actually excitatory (and what most people think of when they think breathing), but there is the next phase the EXHALE. This is where the gold lies! The exhalation is where we engage the parasympathetic system which brings us towards stress relief. To engage this we want to focus on the exhale when we think about breathing. When we inhale we can count the breath for 4 seconds and when we exhale we can count the breath and make the exhalation phase a bit longer perhaps 5 or 6 seconds. When we focus on the exhalation phase this creates a calming effect on our nervous system. Give it a try when you feel stressed, pause and take 3 or 4 breaths where you breathe in regularly and give a bit more attention to extending the length of the exhale. We also can consciously soften the muscles in our body on the exhale as done in progressive relaxation for an added benefit. Happy breathing!

**The S word-Snow**!: There are many things that come with winter and snow is one of them. Since we live in the northeast we know this is a standard part of winter. IF inclement weather occurs during my treatment hours you will be notified by phone or email if the office will close early or be closed. Please be sure to save my number in your phone so you recognize it should I call you. Unless I call you it is best to assume the office will be OPEN.

The other certainty is shoveling the snow. It is important to be thoughtful as snow can often be heavy and we forget that these motions are not part of our daily routine. This means you can be sore afterward. To reduce injury, remember to stretch before and after heading out into the cold. Remember to lift with your legs and knees, not your back, and avoid twisting while lifting. You may need to throw the snow forward vs to the side. It is also important to alternate directions of holding the shovel and moving the snow. Staying hydrated during and after shoveling is very important as we don’t always notice dehydration and thirst when it is cold. Lastly plan a few minutes extra to take breaks and to not rush. Hopefully these tips will prepare you for an injury free winter season. Should you have any physical issues after shoveling please don’t ignore your symptoms. If you are not finding relief in a couple days, you may need to seek treatment.

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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