

Hello,

My name is Wendy Figone, and I am a Myofascial Release Therapist. This wellness session is provided for you by the CCHealth Wellness Team. The following information comes from more than 30 years of cumulative training in the field of health and wellness.

Welcome to an experience in self-myofascial release. We will recognize and release chronic holding patterns of stress. In this video, we will learn and practice three self-myofascial release techniques: unwinding, active elongation, and jiggling.

Therapeutic vs. injurious pain: It is important to keep yourself safe while practicing release work. Tension that you can breathe into and diminish is called therapeutic pain. The "bad" pain or the kind of pain that makes you tense or catch your breath is injurious pain, which should be avoided. Self-myofascial release should never hurt; it is gentle and therapeutic by nature. Don't do anything that hurts.

Centering: Come to a comfortable seated position, feet firmly planted on the ground. Breathe in through your nose as your belly rises, and then let's do a long, slow, and complete exhale through your mouth. Repeat 5 times.

Self-Massage: Place two fingers on your jaw and gently massage your jaw muscles. Then place your right hand on top of your left shoulder and massage your upper shoulders. Repeat on both sides and remember to breathe deeply.

Now let's release some stress through 4 audible sighs. This is an effective way to trigger the parasympathetic nervous system and slow you down physiologically.

Jiggling: March in place and let both feet rest on the ground. Move your body and notice how you feel and where you feel tension in your body. Time to jiggle! Start by shaking your wrists for a couple of minutes; you can add shaking the hips, arms, and every body part. This movement should be gentle and feel great! After 5 minutes, stop and check in with how you are feeling. Do you feel any tingling? This is increased lymphatic flow and circulation. Is your heartbeat faster? Do you feel lighter or heavier? Notice what you feel. Keep in mind that movement releases the stress hormones of adrenaline and cortisol. You just let go of some built-up stress. Congratulations!

Unwinding: Standing with feet about shoulder-width apart, reach your arms out to your sides as far as you can and hold. You should feel a lengthening; this is called active elongation. Your body may want to move slowly. Don't overthink it, just breathe and let your arms start to move in a way that feels relieving to you. After 5 minutes, check back in. How do you feel now? We need to move every day around every joint in our bodies to prevent myofascial restrictions that lead to pain.

Come to a seated position. Drop your head forward and slowly allow for tiny movements. Be sure to breathe as you move. Explore moving your neck in a way that feels good for 5 minutes. Remember small and pain-free motion. Notice how you feel now.

Tips:

- Practice daily, even if you can only do one 5-minute technique. Remember that stress accumulates, so try and release often.
- Find a designated quiet space where you can relax and not need to respond to anyone for a short time.
- Find a partner who also needs to destress and practice together.
- Hydrate before and after you practice release work.
- Be sure to practice, especially when you are under more stress than usual; treat yourself like your own best friend.

Thank you for your time and attention! This session has been provided for you by the CCHHealth Wellness Team.