



ZEM Sports Therapy

5 ways massage can improve your mental health and wellbeing



In the past few years mental health and wellbeing has become a hot topic of discussion so I thought it would be important to share the benefits that sports massage can have on your physical and mental wellbeing. Below I have briefly summarised some of the reasons why you should receive massage.

Relaxes muscle tension

We all have niggles which vary in levels of discomfort and can cause different types of pain. Sports massage uses many different techniques aiming to stretch and relax muscles with the

intention of helping muscles return back to their original state and in turn, help to ease those areas of pain to make those aches and niggles disappear.

Helps toward a better night's sleep

Massage helps to increase circulation in the body and in turn makes you feel calmer and more relaxed. A good night's sleep can be the difference between a good or a bad day.

Some 'ME' Time

Having a 60 minute massage can help you detach from the world including the stresses and challenges of day to day life. It allows you the time to put things in to perspective and relax your mind.

Reduces stress levels

When stressed, your body's heart rate and blood pressure rise. Massage helps you to relax, calm your mind and alleviate stress. So next time you're feeling under pressure at work - get a massage from ZEM Sports Therapy.

Eases anxiety and depression

During massage endorphins (happy hormones) are released into the body which help refocus thoughts away from negative thoughts to more positive ones, helping you to develop a more positive mindset. Anxiety and depression can consume you when you feel helpless - take control and allow sports massage to help relax your body and mind.

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