

Hydrotherapy: The Ultimate Tension Reducer

(NAPSA)—Reducing tension in your life can pay enormous dividends. Not only will you feel better both physically and emotionally, but you'll likely enjoy an improved outlook and perhaps even a greater appreciation of the things you really enjoy.

Anxiety often arises when you perceive a situation as threatening or when you are dealing with an unusually large number of everyday responsibilities. It can be both work- or home-related and is often a combination of the two. Potential causes include:

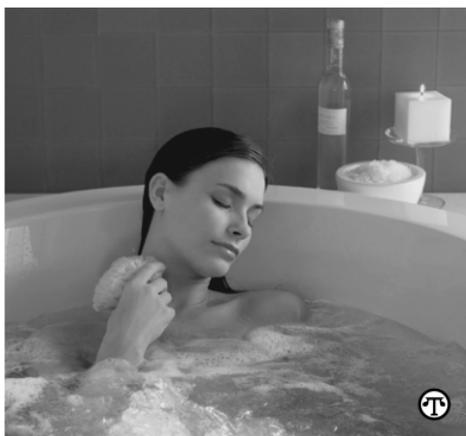
- Excessive work pressure caused by time constraints and/or complexity;
- Working irregular hours;
- Periods of organizational upheaval, caused by changes in location or job status;
- Separation from a partner or family members;
- Bereavement or family illness; or
- Children's behavior or educational performance.

Managing the stress

The aim of anxiety management is to help you balance the various aspects of your life—work, relationships and leisure.

Here are some suggestions:

- Identify sources of tension. Knowing what causes it can help you cope with it better and provide mental and emotional relief.
- Delegate or share your responsibilities at work and at home. Organize your time better to get as much done as possible.
- Exercise regularly and eat a healthy, balanced diet rich in fruits and vegetables.
- Find humor or absurdity in stressful situations.
- Listen to music or relaxation tapes.



Hydrotherapy can be a therapeutic and relaxing way to manage stress.

• Hydrotherapy. In recent years, hydrotherapy—the use of water for therapeutic treatment—has been clinically proven as beneficial to health and general well-being. For example, a study by the Health Psychology Clinic at University of Minnesota Hospital in Minneapolis found that after 10 minutes of bathing in either still or moving warm water, healthy adults experienced increased feelings of well-being and a decreased state of anxiety.

“Bathing actually helps people stay healthy, both mentally and physically,” says Rob Tillman, PT, MOMT, a physical therapy consultant for Jason International, a leading manufacturer of hydrotherapy bath products. “Modern hydrotherapy systems can help improve circulation, increase tissue flexibility and promote the removal of muscular waste products.”

For additional information on the stress-relieving benefits of hydrotherapy and how to choose the right hydrotherapy bath for your home, call Jason International at (800) 255-5766 or visit www.jasoninternational.com.