

AfterCare

What's the point?

A common misconception about receiving bodywork, is that it can stand as the sole means of self care for that day (or week/month.) While you've probably heard "stretch and hydrate" more times than you can count, there's much more to it. Treating a massage or reiki session as your only means of self care would be like watering a garden only once a month. It just won't hold up; you have to keep that momentum going.



Body

Choose one stretch that you do when you wake up, and before you go to bed. This is a good basis for making a habit of reminding your muscles and tissues to relax. Just like when we learn new skills or knowledge, our bodies too need repetition to understand and remember what is 'correct' (functional) and 'incorrect' (dysfunctional).

Mind

Massage, MFR, and reiki are supposed to help calm and quiet your mind. Sometimes it can be so calming that we feel unprepared to go on with our day. You may want to try planning your sessions so that you do not have any huge brain-exhausting activities or responsibilities immediately after. Of course, sometimes this isn't possible. Regardless, be extra understanding with yourself and whatever state you are in.

Energy

Receiving massage, MFR, or reiki can often stir up emotions. This is because our physical bodies hold our stress, trauma, and emotions in our muscles, tissues, and energy bodies. Therapeutic work helps to release those things that do not serve a purpose anymore. Whatever emotions come up, greet them with love and acceptance, and allow yourself to fully release what does not serve you. Cry, sing, scream, dance, write, draw, paint, talk, stretch, work out--whatever your medicine is, use it!

