

STRESS MANAGEMENT AS A BASIS FOR PAIN MANAGEMENT

Elena Anisimova, Anastasia Prishchepa

resident medical practitioner at the Department of neurology at I.M. Sechenov First Moscow State Medical University, international project coordinator in the Interdisciplinary Medicine Association (Russia).

Stress management is one of components of healthy lifestyle and brain. It deals mostly with active people in chronic stress conditions, emotional over tension that is typical for middle aged people, active at the office routine. Nowadays it becomes extremely important to revive and use self-regulation skills. Our mission is to remind and perform several sets of self-regulation practices.

At the beginning of this workshop we will identify stressors of symposium participants using a questionnaire. In that way we will be able to suggest possible ways of overcoming them.

As an introductory practice a set of Eastern Shiatsu and Acupressure practices is offered. These methods can be used for reducing stress symptoms, such as muscular tension, sympathetic activation, and, as a result, headache prophylactics and good mood.

As adoptive technique we have used special arrangement of fairy-tale fibula that is easy to be remembered in stress conditions. Also deep-breathing practice will be introduced.

Our methods are based on modern scientific research and have been already successfully used in Headache clinic practice. These methods can be used at the writing desk at work, at home, when having a walk as well. They help to release pain for pain prophylactics as brain fitness and stress management

We are interested in active participation in all trainings and to do stress management and pain prophylactics sets together.

Modern life reduces adoptive capacity of common people, increases a number of stresses that cause headache thus, to relax manage stress we should apply special practices described above.