

BODY STRESS RELEASE FOR BABIES, CHILDREN AND TEENAGERS

Body Stress Release is a gentle and effective technique which helps release tension, or body stress, held in the body.



BODY STRESS RELEASE
Unlocking tension - Restoring self-healing

The BSR practitioner carries out the tests and releases while the baby is lying on the mother's chest or lap.



WHAT IS BODY STRESS RELEASE?

Body Stress Release (BSR) offers a gentle and effective way to help your body to release stored tension from the muscles i.e. 'body stress'.

Body Stress Release works with the body's natural desire to be stress free. Clients are often amazed that such a gentle technique can be so effective in relieving their aches and pains.

BODY STRESS IN BABIES

The birth process can be stressful for a baby and may result in tension becoming locked into its body.

Interventions such as a Caesarean section or Ventouse delivery may be particularly stressful. It is also likely that babies

experience some degree of shock after the months of floating in the sanctuary of their mother's body.

A baby that has pain or discomfort may cry a lot and be difficult to console. If there are no obvious

reasons for the baby's distress, the baby is feeding normally and medical conditions have been ruled out, body stress may be present. A common sign of body stress in the neck is when a baby is restless and keeps moving its arms and head, even when sleeping. Body stress in the lower back may

cause a baby to squirm and cry when the hips are lifted during a nappy change. Other signs of body stress include constipation, diarrhoea and colic.

Ideally babies should be assessed for body stress within a few months of birth, even when there are no obvious signs of stress. This will enable any tension stored in the baby's neck or back to be released before it accumulates and has a negative impact on their nervous system.

The BSR practitioner will carry out a series of tests, and then release the stress, while the baby is lying on its mother's chest or lap. The pressure applied is extremely light and is comfortable for the baby. After the stress is released the baby may fall into a sound sleep.

BODY STRESS IN TODDLERS

Small children are likely to accumulate body stress as a result of frequent falls or jerks while playing, or from trying to lift heavy objects. It is often hard for a toddler to communicate how they feel although their parents may see signs that suggest that their bodies are holding on to tension. For example, a normally good-natured child may become sullen and uncooperative, or the child may talk about having a "funny feeling in their tummy".

Other signs include constant demands to be picked up and carried, or complaints of "sore legs". In BSR we find that so-called 'growing pains' often result from stored tension in the lower back which results in pressure irritating the nerves that supply the legs.



BODY STRESS IN CHILDREN AND TEENAGERS

Once at school, a child with tension in their neck may lack concentration and become disruptive. If there is pressure in their lower back they may be restless and unable to sit still. If the nerve supply to the bladder is affected then problems with bed-wetting may occur.

Children often sit badly, especially when hunched over a book reading or studying, using a laptop, a hand held computer console or when texting or playing games on a mobile phone. Poor posture is a common cause of body stress in the neck and lower back.

Many children slump in front of the television in a half-lying/half sitting 'banana shape' which reverses the curve in the lower back. This puts huge pressure on the whole spine causing body stress to become stored in the muscles of the neck, upper and lower back.

These days, emotional demands on children and teenagers are considerable. Pressure to do well at school, peer pressure to measure up, and coping with the rollercoaster of hormonal changes can all take their toll. As children approach puberty they often become more self-conscious and this can result in teenagers hunching their shoulders and developing poor posture. This can cause the muscles to tighten and result in tension becoming locked into their bodies.

We all know that taking part in sports and regular exercise is healthy. However, pressure to excel can result in injuries which over time may cause tension to become stored in the muscles, leading to pain and discomfort.

Please contact your local practitioner:

www.bodystressrelease.org.uk

This leaflet is produced by the UK Body Stress Release Association.

CASE STUDY - JAMES

"I cannot fully articulate what BSR has done for us as a family. My two year old son James had never been a great sleeper. By the time he turned two, we had a new born which in itself was demanding and bedtime was a nightmare.

James threw tantrums, hitting, screaming and banging his head. It would sometimes take two hours to get him to bed, by which time we, as parents, were beside ourselves.

He would then wake during the night and to get him back to sleep was nearly impossible. It got to the point where our local Health Visitor was coming every fortnight and we would try various approaches, some helped and others didn't, but the problem was never solved.

A friend recommended BSR, initially I was sceptical as I had never heard of it before, but I was so desperate I decided to give it a go. I have not looked back. After two sessions James would go to bed without any tantrums. The Health Visitor stopped visiting us as there had been such a marked improvement in not only his sleep but with his behaviour in general. By week four he was no longer waking at night and he now sleeps uninterrupted until 6:30am.

The practitioner found that the ultimate cause of his sleeplessness was that he was in pain. We eventually worked it out that he had fallen down stairs and this was what was affecting his sleeping as he could not lie still due to the pain.

I wish I had gone sooner. All the stress and negativity could so easily have been avoided. I cannot thank my BSR practitioner enough for all she has done for us!"
Jenni Schaefer
Mum to James 2 ½ years and Sophia 7 months

HOW HAS BSR HELPED?

A two day old baby was having difficulty suckling, causing the baby and mother to become distressed. After body stress was released in the baby's neck she began suckling normally.

A mother reported that her twelve week old baby had cried almost constantly since birth and hunched his shoulders and screamed when he was moved. Immediately after body stress was released in his neck the exhausted baby fell asleep for 10 hours. Much to the relief of the distressed parents he became placid and contented.

James, age 7, had started wetting his bed at night having been dry for many years and was finding the experience very embarrassing and stressful. He also said that he had been having tummy aches as well. After releasing tension in his coccyx and lower back over a few sessions the bed-wetting stopped as did the tummy aches.

A 16 year old boy was suffering with exam stress and said that his whole back was painful and felt tight. He also had pain and discomfort in his neck and shoulders from leaning over his laptop studying. After the first session he was still experiencing some pain but reported that his spine felt much looser and that he had noticed that his posture had improved as well. Over a number of sessions the pain and discomfort gradually withdrew until it had gone altogether.

Babies, young children and teenagers all enjoy experiencing BSR as it is a gentle procedure and they become aware of how different they feel once the stored tension has been released. Often children and teenagers will be aware of body stress and will ask to be taken for a BSR session. As the pressure has not been present in their bodies for long (unlike adults) it tends to be released easily giving rapid positive results.

FIND OUT MORE – SEE OUR WEBSITE
www.bodystressrelease.org.uk



"The best thing about BSR is my growing pains and leg cramps have gone and it's a very relaxing therapy".
Charlotte M, 14, Student

"My son came home from school nearly every day with a headache. It came on after lunch and when he went to bed at night it was still there. Pain killers from the GP helped, but he couldn't live like that for the rest of his life. After only four sessions of Body Stress Release his headaches have gone. He smiles and plays again like he used to. We are both so grateful for your help".
Gill S, Mother re her son, 12

THE APPOINTMENTS

After the releases, your practitioner will explain what they have found and give you some simple advice and self-help techniques.

Your practitioner will book three initial appointments for you over a period of two weeks. It is important that you attend all three appointments as Body Stress Release works as a process.

During your first appointment your practitioner will take a detailed case history. After the release, your practitioner will explain what they have found and give you advice on posture and show you some simple self-help techniques.

Responses are often rapid although you may need further appointments depending on how your body responds and how long the tension has been stored. This is because the tight, protective layers of muscle, release gradually back to their natural state.

A specially designed bed allows clients to be gently lowered to a lying position.



Note: BSR is not a diagnosis or treatment of any condition. It simply assists with locating and releasing stored tension from the muscles.

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