Why is massage important in the role of the caregiver?
Caregivers are constantly giving of themselves and it is very important to be rejuvenated through rest and relaxation. The stress of constant caregiving can have physical, mental and emotional effects on your body.

Allowing yourself to take time for a massage can make a huge difference in your caregiving abilities. Through massage, you are regenerated, your body is allowed to relax, your circulation is stimulated and you gain energy. Massage can also help the person you are caring for by treating discomfort - such as pain, anxiety, restlessness or swelling.

Mindful Effects
The time spent in massage sessions can allow you or the one you are caring for to have time to reflect in peaceful silence or to share and talk with the massage therapist. Some find that using this quiet time to talk about their hurts or stresses helps to relieve some of the feelings.

Benefits of Massage
- Increases circulation
- Stress relief
- Toxin release
- Decreases muscle strain due to frequent lifting or pulling
- Quiet time
- Increase in energy
- Helps relieve swelling and pain

There are many types of massage and many spas and businesses that offer massage. Massage is not covered under insurance at this time.

However, you may have heard of home health massage. This is provided by licensed massage therapists through hospice care services.

Couples’ massage classes are often offered within our community. Watch your community events calendars for these classes.

Compliments of the Caregiver Class from BJC, hosted by BJC Hospice.
Contact us at 636-916-9830.