

## ENTER THE MATRIX

### Stress Stories, Part I

By Todd Fiorentino

The other day, I was doing a massage and my client remarked, "I can feel the cement in there..." This was a good analogy *because the matrix of cells that make up soft tissue in our body can range from soft, pliable and hydrated to static, immovable and stuck.* This type of dysfunction results in limited range of motion. Soft tissue techniques involve stretching while massaging or holding points.

To test your hamstrings, lie on your back and raise your leg while keeping your knee straight. Bring it to a ninety degree angle. Though it may not seem like a big deal if you can't reach, tight muscles and hardened soft tissue can result in injuries for athletes and will restrict your movements. It's good to feel loose and limber because how your body feels affects your mental state.

Massage is one coping mechanism, but there are many that can be used to "get through." Remember, the techniques that you used in your 30's may not work in your 40's and up the line. Keep trying new things and be open to the possibilities. Don't join the masses of stressed and negative people!

### *Stress Stories, Part I*

*I have always been interested in culinary arts so one day I thought I might do some cooking. I started on the line at a British pub and, well, it was about what I expected—fast-paced, hard and dirty work. One day, a server put an order in for two burgers without buns. We put the order up and the server came back complaining that there wasn't a bun on one of the burgers. I didn't care... it was a simple misunderstanding... but remarkably, the chef got into a screaming match with her and they almost came to blows. It was plain to see that neither was really arguing about a hamburger bun (at least, I hope not!). They were actually yelling about their own dissatisfaction with their lives, perhaps marital problems and a whole host of other feelings that go unexpressed in our daily lives. The feeling of not being understood can turn explosive. Beware: If you're not de-stressing on a regular basis, you might find yourself in a fit over a hamburger bun one day!*