

## Something to share April 2009

### Pilates and the control of stress-related exhaustion and illness

Our director, Chris Hocking, came across this article on stress reduction in the Sunday papers at the end of April. She wishes to share it with you and a couple of comments of her own:

“GET MOVING - we can concentrate at a high level for only 90 minutes at a time, so regular breaks are vital. When stress hormone levels are raised, your brain stops operating out of the cortex (responsible for memory, creativity and reason) and shunts into the more primitive, limbic system which powers the fight or flight reflexes. This is why we find it so hard to prioritise or see solutions when we feel stressed. Moving around helps us to switch back to our logical brain and get back on track.” Alyssa Abbey “The knowledge - how to reduce stress” Stella Magazine, The Sunday Telegraph

Chris adds: “Movement... Pilates, yoga, dance, running, leaping, jumping, martial arts, sports, gymnastics, hill-walking... it’s all good! Some of you have chosen Pilates as one of your main forms of movement... a highly effective choice, so stick with it! For a healthier life, do your best not to miss class when under a lot of pressure.

Alyssa Abbey’s excellent comment, with its succinct explanation of how the brain shifts under pressure, is a further support for the PBBA policy of graded classes. Putting an inadequately conditioned student into a class that is too hard for he or she is counter-productive. Boredom is also counter-productive.

We wish you health and happiness, Chris and the PBBA team

Would you like to write the next article for **Something to share**? Please call Chris on 0207 240 4922