

College Guild – Health - Unit 2 – Drexell

Hi Drexell,

My name is Bettina and I'm really looking forward to reading your work on this unit.

1. Straining the ligaments will have its toll on your back, unfortunately....
2. Good answer! Other examples could be gymnastics and diving (hyperextension); on the other hand, jiu-jitsu can cause too much flexion.
3. Well done – carrying heavy packages all day is not good for one's back! A person who works in a nursing home and has to help lifting patients is another example of this.
4. Definitely! A gardener can also be affected this way.
5. I agree, any job where they don't move a lot (because they are sitting down all day) could be considered too much relaxation – which is also not good for their back!
6. Great examples! Golf involves the twisting movement that also affects the back. Typing the whole day long or working at construction sites also include repetitive movements.
7. Sounds like the job of my dreams!!! And it keeps you fit.
8. Perfect definition!
9. Great answer! Relaxing is important for a healthy mind and body.
10. Yes! Meditation and yoga are great examples, and often include a lot of deep breathing exercises. While they are wonderful relaxation techniques, they can also involve quite a lot of exercise – yoga is extremely hard for me as I am not very flexible! And meditation requires a lot of practice in order for one to truly learn to meditate.
11. The best example here would be Yoga, you were so close with your previous answer!
12. Good answer. The gentle method of massage could be effective in decreasing tension in muscle groups, or the body in general. The rigorous method can work to increase the muscle tone of the trunk for improved posture and energy level, or to focus on a specific muscle to reduce spasm or tightness.
13. I agree with you that deep massage is more effective.
14. Yes! It slows everything down – including your heartbeat and brain function which is why it is so effective for relaxation.

15. Perfect answer! Normally breathing out requires no effort and involves relaxing the diaphragm, but when you breathe out forcibly and fast, your abdominal muscles contract and push your diaphragm against your lungs even more than usual.

16. This makes your upper body relax because when you're making your hand work extra hard, it relaxes the muscles involved afterwards, which causes a relaxing sensation in the rest of your upper body once the exercise is done – which includes other muscles which are worked as part of those hand muscles!

17. ☺

18. It makes you feel safe, and therefore it is useful after traumas. Hugging another person also works very well!

19. Great! I haven't tried them all either, I will try to do them as well!

20. Yes – almost seems like it's a type of massage!

21. Listening to music is a great way of relaxing :)

22. I fully agree with you.

23. That's great to hear!

24. I agree completely!

25. That's a great way to deal with anger – not everyone is as well-disciplined and thoughtful during times of stress, well done!

26. Good job, and that's a wonderful life principle – keep it up!

Drexell, I really enjoyed reading your thoughts about this topic. You did a great job, and I appreciate all the effort and thought you put into your answers! I hope I get to see more of your work!

Bettina