



Donald Q. Dillon RMT

Transform Pain and Stuck-ness;
Liberate Movement and Expression

*Knowledgeable. Innovative.
29 Years in Practice.*

Connection-Recession?

I've been thinking about the effects of physical distancing, mask-wearing and the social isolation it bestows. Our personal interactions—facial expressions, verbal greetings, handshakes, hugs, embraces...all disrupted. Touching and being touched are inherent to physical and mental health. What are the effects ultimately of such a "connection recession?"

Your body's "fight or flight" response to threat is preceded by a scan of others' faces and body gestures. We are social animals—taking cues from the facial expressions, gestures and

supportive sounds from others in discerning the safety of our surroundings. This happens instantly, facilitated by the ventral branch of the Vagus Nerve—a cranial nerve that governs a variety of visceral (internal organ) regulatory functions. If we see a menacing figure, we exhibit facial

expressions and sounds to draw support around us in the face of threat. Should our attempts go unanswered, our body gears up to the Hypothalamic-Pituitary-Adrenal (HPA) axis in initiating the "fight-or-flight" response.

This mobilizes our body's fuel and emergency functions to protect us. Masks are essential for public safety measures at this time. It's important to recognize

how covered faces, physical distancing and touch aversion impact us emotionally.

People report feelings of listlessness, poor concentration, low ambition, anxiety and depression.

Body aches and other symptoms related to stressful

situations may amplify. During this time I encourage you acknowledge and share how you're feeling. Seek support; take steps to safely integrate social engagement and physical touch back into your life as restrictions lift. Do things that make you feel good. Re-embodiment.



Thank you for referring!



My great religion is a belief in the blood, the flesh, as being wiser than the intellect. We can go wrong in our minds. But what our blood feels and believes and says is always true. — D.H. Lawrence

Things Are Different

- All are pre-screened for virus symptoms
- Everyone wears a mask
- Sanitization and disinfection processes are ramped up

Yet, the Same

- ✓ Seasoned skills, comprehensive approach, solid results
- ✓ Familiarity with your body's tensions and limitations
- ✓ Calm, safe, nurturing environment

Welcome back!

For every thought supported by feeling there is a muscle change. Primary muscle patterns being the biological heritage of man, man's whole body records his emotional thinking." - Mabel Elsworth Todd



DonDillon_MassageTherapist

I Can Help!

- Tension Neck
- Headaches
- Sports performance
- TMJD (jaw) pain
- Low back & hip pain
- Carpal Tunnel Syndrome
- Restore well-being
- Arthritic stiffness
- Sprains & strains
- Restrictive scarring
- Return to Embodiment
- Stress-related symptoms