

*Associated Bodywork & Massage Professionals is **YOUR** professional massage association.  
We support you through education, information, and advocacy.*

## Study, Stress, and Lifestyle

Can I Have a Life and Still Get Decent Grades?

Pursuing your education while balancing work and home life can be a real challenge. Whether you're just starting school or already in the thick of things, now is a good time to develop healthy strategies.

### Recruit Support

A crucial ingredient to your success in school and the transition to a new profession is support from your friends and family. Start with a conversation about why you are going to school, what it means to you, and what role it will play in your life. This adventure will impact their lives, too, and it is important to hear their thoughts and feelings about your new endeavor. Real concerns that your loved ones may have include division of your attention, their own increased responsibility at home, and less time together.

Now it's time to strategize. Make a plan for managing your resources, completing daily chores, and reconnecting with friends and family. Create a master plan that includes school, work, home life, and fun. Set regular times to connect with people in your life who understand your purpose and are invested in your success. Regularly remind them that they—and their contributions and sacrifices—are important in your life and are worthy of your attention.

Unforeseen events will come up and conflicts will arise. A particular school subject may require more study time than anticipated. Your work schedule might change, creating conflicts with chores, child care, or prearranged activities. Be flexible. Negotiate new solutions. Communicate. Find ways to resolve the conflict before it becomes a bigger issue.

### Get Organized

A calendar or planner that consolidates all of your plans (for home, school, and work) is an essential tool for organizing your life. Whether you prefer a paper or electronic planner, choose one that can hold all of the information you need, but is still portable. Keep your calendar with you at all times, so it's available if you add an assignment, change a study date, or cancel a meeting.

Update your calendar on a daily basis. There is a lot to keep track of in school; writing it down frees your mind to attend to other things. Remember to schedule time for self-care, fun, and connection with your friends and family. Synchronize calendars with your support people. Regular communication about the upcoming week or month can identify potential conflicts and help you strategize.

### Affirm Yourself and Your Goals

Set positive goals for yourself to help identify what is important and to establish your intention. Ideally, goals are realistic, measurable, specific,



### Free Email and Website!

Did you know that ABMP Student members are provided free email and website accounts? Don't have yours yet? Log in to the Members section of [ABMP.com](http://ABMP.com) and get started under "My ABMP Account" on the right side of the page.

These great online tools provide students with professional contact information they can maintain as they transition from students to professionals. Use it on resumes and share it with prospective employers and clients!



**KNOWLEDGE**



and time-bound. You must believe that you can accomplish your goal; set a deadline to help you stay motivated. Set smaller goals that help you accomplish your larger ones. For example, “I will study for 30 minutes after dinner every weekday,” will help you accomplish your larger goal of “I will finish the quarter with at least a B average.”

Examples of clear goals include:

- “I will be prepared by reading the chapters before we meet for class.”
- “I will get eight hours of sleep and have breakfast so I am attentive and clearheaded.”
- “I will complete my anatomy homework on Fridays so I can spend time with my family on the weekends.”

Once you’ve set your goals, affirm your commitment to them. Negative self-talk (“I’ll never understand this material”) can sabotage your efforts and propagate low self-esteem (“I am stupid”). Recognize this pattern in yourself and develop methods for arresting the process. Positive affirmations (“I am willing and able to learn new ideas and skills”) can reverse the downward spiral.

Increase the potency of your affirmations by saying them out loud or writing them down. This makes your statements more concrete and creates accountability for your thoughts and feelings. Reevaluate your affirmations as you accomplish greater goals. Achievements will redefine your perception of possibility. What you think is possible today may be very different from what you imagined a month or year ago.

## Pursue Self-Nurturing

Nurturing yourself helps maintain your energy and enthusiasm as you juggle added responsibilities and demands. Begin by identifying your core characteristics. Different personalities recharge their batteries in specific ways. Some need alone time, while others reenergize by interacting with others. Some connect with nature. Tools such as a Myers-Briggs personality test can help identify how you interact with the world and how to best nurture yourself. Make a list of activities (like exercise, exploring new places, listening to music, meeting new people, playing with pets, reading, socializing) that replenish your personal resources. Regularly engage in and dedicate time for these activities.

Identify nurturing activities that take varying amounts of time or resources. Short, inexpensive activities should be pursued throughout the week; longer, more resource-heavy activities may be special occasion events. Pursuing these will help ensure your longevity in the process of school and life transitions, so go ahead and write them in your calendar. In pen!

It is possible to have a life while succeeding as a student. Support, organization, affirmation, and nurturing are all key elements to balancing your school, work, and home life. Revisit your purpose in making this life transition and be on the lookout for useful tools and mentors along the way. You don’t have to go it alone. For more information about how ABMP can help, log in to [ABMP.com](http://ABMP.com), and scroll down to “Student Success Resources.” ☘

*“Music washes away from the soul the dust of everyday life.”*

*-Berthold Auerbach*

## Career Path: Massage on the Move

*Each issue of Knead to Know explores a different career path. Here we look at massage therapists who work in on-site or event businesses.*

Is it difficult to imagine working in a single location each day? Do you thrive when meeting new people and spreading the word about massage and all of its benefits? One career path that may suit you is mobile massage.

Mobile massage provides an opportunity to pack your gear, head out of the office, and increase the public’s accessibility to massage services. Three major avenues are gaining popularity: corporate settings, special events, and retail locations.

Taking massage on the road requires a few adaptations.

- **Different equipment.** The massage chair revolutionized mobile massage, allowing clients to feel supported, while granting therapists easy access to common trouble areas, like the shoulders and low back. Attachable

face cradles and other light, portable equipment creates a temporary massage environment instantly.

- **Fully clothed clients.** Mobile massage is usually given in an open environment so clients remain dressed. This can feel less intimidating to newcomers and may draw clients who would shy away from traditional massage environments.
- **Shorter massages.** Typical 10–30 minute sessions require less commitment by clients, allowing them to integrate your services into their workday or event.

### Corporate Settings

Businesses are recognizing that massage therapy increases morale, decreases stress, decreases overuse injuries, and increases productivity. These benefits may help decrease company costs in the form of workers’ compensation claims and time lost due to injury or illness. Highlight these benefits when marketing your mobile business to corporations.



## Let Music Help You Through School

Evidence suggests that listening to music trains the brain to organize incoming information. This skill may be applied to processing new information and facts, which can be particularly helpful during school. Music may both create context for new information—helping with memory recall—and affect moods.

Try the following tips to let music help you while you study.

- 🎵 Allow music to create an attitude adjustment when you need a change of mood.
- 🎧 Listen to fast tempo selections before study sessions to stimulate the mind.
- 🎧 Listen to slower, calmer music to ease test anxiety or stress.
- 🔊 Train your brain by listening to complex compositions, such as classical or baroque pieces.
- ▶ Use background music to set the stage for remembering. 🌀

### Master these skills for mobile massage success!

- Develop your communication skills about the benefits of massage.
- Learn to negotiate contracts with business owners.
- Learn to use a massage chair.
- Manage the special environment of a mobile massage business.

Several payment options exist for corporate massage. The company or employer may pay for your services, viewing massage as an employee benefit or investment in staff wellness.

Employees might contribute to a pool to bring in your services. This distributes the cost among the entire staff, making massage more affordable for all. Employees who utilize your services may also pay you directly.

### Special Events

Event massage occurs at a specific forum where your services are integrated into other activities. Events that may coordinate well with mobile massage include athletic events, bridal showers, conferences, grand openings, parties, product launches, retreats, tournaments, trade shows, and wellness fairs.

Providing mobile massage in these environments is a great marketing opportunity—a chance to promote massage to people who may not otherwise have access to massage. Event organizers benefit because massage draws crowds and provides an enjoyable and memorable experience to participants. MTs must manage

traffic; create privacy for client intake; and relax clients in an environment that might be busy and noisy. Good communication, organization, and planning will contribute to success.

### Retail Locations

Mobile massage is taking up residence in high traffic retail locations such as airports, hotels, salons, shopping malls, and stores. Here, permanent installations of chair massage cater to shoppers or travelers. The same parameters exist for mobile massage at events, but therapists don't set up and break down a temporary massage environment. 🌀





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# Legislative Tools at ABMP.com

## Law, Regulations, and Resources

**P**reparing to get your massage practice up and running? Wondering what it takes to practice in a different state? Answers to these questions and others are available in the Members section of ABMP.com, by scrolling down to the "State Legislative Information" link.

### State Requirements

Each state has unique procedures for acquiring and maintaining massage credentials. Requirements may include completion of a massage training program, a passing score on a state-mandated exam, and a background check. On the legislative state map, click on your state to find contact information for your state board. You can locate information on education and exam requirements, continuing education requirements, and much more. Direct links to massage board websites are provided. States that appear in gray do not currently regulate massage at the state level, but may regulate massage at the city or county level. Contact the city or county clerk for information on local ordinances.

### Legislative Updates

At ABMP, we are committed to keeping you informed about massage legislation in your area. Our staff monitors developing legislative changes in every state. By clicking on your state on the legislative state map, you can see what's happening

in your area. You'll also find the status of proposed massage legislation and how it may impact you as a practitioner. Please be sure ABMP has your correct email address on file so we can contact you about legislative changes that may impact you or your practice. ☞

