SIMPLY GLOWING

Reduce stress, fatigue, pain, symptoms of anxiety, depression and poor sleep with reflexology.

Reflexology

Reflexology is a type of manual therapy that involves applying pressure to specific points in the hands and feet with the aim of impacting health in related parts of the body.(1) Self-administered reflexology can be done in the comfort of your own home under the guidance of a reflexologist with reflexology techniques. There are many theories as to how reflexology works which include enhancing blood flow and nervous system connection and regulating the autonomic nervous system.(2, 3) The autonomic nervous system is the part of the nervous system that controls the "fight or flight" response (sympathetic nervous system) or the "relax, digest, rest" response (the parasympathetic nervous system).

The effects of reflexology may vary from person to person. In general there have been no harmful effects reported however caution should be used in conditions like blood clots, heart failure and cancer or in women who are pregnant.(1)

GOLDSTER Points and Evidence Levels for this Activity

Domain	Impact Strength	Points	Information	Evidence Type	Evidence Level
Physical	Mild	1	In the adult population, evidence on reflexology for pain has shown mild improvements in pain management. (2, 4, 5) Most studies in healthy subjects showed an effect of lower blood pressure measurements.(2, 4, 5)	Systematic Review, Review	Low
Cognitive	None	0	There is no clear evidence demonstrating any effects of reflexology on cognition.	None	None
Emotional	Medium	2	In the adult population, the evidence on foot reflexology administered by another person has shown medium to strong improvement in fatigue, sleep and symptoms of anxiety and depression.(4, 6-8) Evidence on self-administered reflexology has shown moderate improvement in levels of perceived stress, fatigue, and depression.(9)	Systematic Review Systematic Review	Low to Moderate Low

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GET INTO THE GROOVE

Listen to music to enhance wellbeing, increase positive emotion, reduce symptoms of depression and connect with others.

Music Listening

Music engages many domains and senses beyond just hearing, including memory, thinking, movement and emotion in multiple areas of the brain; making it an accessible and impactful support for our mental wellbeing as we age.(1) Music spans centuries, cultures and age groups and can move and maintain emotion, relieve stress, energise, uplift and soothe.(1, 2) Regular music listening has been shown to improve quality of life.(3, 4) Listening to certain types of background music like Mozart has the potential to enhance cognitive abilities.(5) For those who are caregivers, listening to music can help reduce stress and anxiety.(6) Sharing music with the person in their care has the potential to enhance relationships.(7) Even talking about music can be an important part of musical engagement especially when shared with others.(7) Technology can support and enhance music access and participation for older people who can then more personally curate their music choice.(3) Listening to your favourite music can even increase hand grip strength.(8) Of course listening to music is a great way to get moving and motivated to exercise with benefits for heart rate and blood pressure measurements.(6)

GOLDSTER Points and Evidence Levels for this Activity

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, music listening has been associated with a mild impact on improved wellbeing and quality of life.(9)	Systematic Review	Low
Cognitive	Mild	1	In healthy older people, music listening has been associated with a mild impact on transient improvement in cognitive performance.(1, 6)	Critical Review	Low
Emotional	Medium	2	In healthy older people, music listening has been associated with a medium impact in reducing symptoms of depression, improving psychological wellbeing and increasing positive emotion.(1, 9, 10)	Systematic Review, Review, Survey	Moderate

References

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