Statement of the problem:Stress is the body’s natural,physiological responses to any situation that is difficult or uncomfortable.It can effect us mentally and physically.We generally consider stress to be negetive and this is because stress has detrimental effects on our life,however we also experience positive stress and our body triggers the same physical responses.According to a study by the American Psychological Association roughly seven in ten Americans regularly deal with significant stress and its physical effects.researches have reported that:stress often lead to tenssion,headaches which are caused when muscles in the upper back and neck tens up.consistently dealing with stress can lead one to feel angry,depressed,even hopeless.Additionally stress can have detrimental effect on metabolism.The purpose of this study is finding some new ways to protect human beings from those destructive effects of stress that can lead to lowered levels of health in community.Researches talk about the power of music to reduce stress.music has a unique link to our emotions so can be an extremly effective stress management tool.Methodology and theorical orientation:this study is about a new way of decreasing stress and was utilized to test a new way of relieving stress named juggling.In which different participants tested to get information about the effect of juggling.finding:in the present study I found that anxiety levels in the juggling group were reduced more significantly than those in the nonjuggling group.this finding suggested that juggling therapy may reduce anxiety through a visual motion information processing network.conclusion and significance:in conclusion I demonstrated the anxiolytic effect of juggling therapy in patients with anxiety disorders.juggling therapy could be performed easily in combination with other forms of therapy for patients with increased anxiety levels.

Image:





Biography:Mahta Mohammadi is a student of occupational therapy at shahid beheshti medical university of tehran.she is intrested in mental and physical trains which can help people with stress and anxiety and she has experiences in clinics and university about people who have stress problems.she tried different ways for reducing stress and after 2 years she find juggling as a new and good way to reduce stress.this study has a different point of view.

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