

### **Mental health (163)**

A reflexologist and a counsellor worked with 74 people (49 receiving reflexology and 25 receiving counselling) between May 1996 and August 1997. Findings: (1) A reported increase in relaxation levels and decrease in anxiety levels (except for 2 reflexology participants). (2) Release of tension through being able to talk led to greater relaxation, alleviating headaches and improving sleep. (3) Participants developed and increased awareness of tension and increased ability to change that state. (4) Improvement in emotional status, Fear, worry and despair were considered to have changed into more positive and fulfilling emotions. Greater progress when reflexology and counselling were offered together.