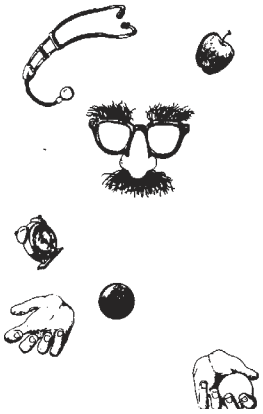

Therapeutic Juggling...

for Stress Management

I. Physical benefits

a. *Upper body* aerobic exercise.
b. Weight bearing exercise for arms, wrists and shoulders—especially helpful in preventing osteoporosis.
c. Gentle, low impact exercise for beginners.
d. Easily adapted for people with movement challenges.
e. Increases range of motion, gross/fine motor coordination, hand-eye coordination, body awareness.
f. Aerobic exercise for people with ankle, knee, leg restrictions.
g. Improves flexibility reducing muscle pain and helping with arthritis.

2. Intellectual/Learning Benefits

a. Stimulates dendrite growth in brain making you smarter now and forever.
b. Left brain/right brain—whole brained activity that stimulates both analytic and holistic hemispheres.
c. Absorbing activity that encourages mindfulness and "flow".
d. Impacts on memory and concentration.
e. Stresses competency not competition.
f. Learning to juggle is a model for learning anything...step-by-step, learning from the drops.
g. Increases creativity and creative problem solving.
h. Is used in schools to help students learn how to read.

3. Emotional/Meditative/Spiritual dimensions

a. Rhythmic back and forth movement is absorbing, thereby reducing stress.
b. After the initial learning phase, juggling is relaxing—a moving meditation.
c. Concentration required reduces stress. You can't think about what you *should* have done yesterday or what you *have* to do tomorrow while juggling.
d. Challenges beliefs about what you can and can't do.
e. Increases self-esteem and the magic within.

4. Other, Often Overlooked Benefits

a. No partner needed, yet any number can play.
b. Alien abductions are rare among jugglers.
c. It's a skill you can do at 8 or 88.
d. The applause sharpens hearing; the bows improve flexibility.
e. Crime is low among jugglers.
f. You can at last be acknowledged as above average.
g. During a tense work evaluation you can now say, "But have you seen me juggle??"
h. When all else fails, you can finally run away and join the circus.

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