

---

# 365+1

---

DAY 178

## Is lockdown stress the real cause of your bad back?

By Jack Rear, Health Writer



CREDIT: GETTY IMAGES

---

I'm sure you already know that these abnormal times we're living through can cause us to feel stressed – but did you know that that stress can manifest as back pain?

“When we are stressed or anxious our body has a physical response,” explains osteopath Anisha Joshi. “Symptoms include clenching your jaw, headaches, insomnia, IBS and changes in heart rate. And all these symptoms will have an impact on the muscles and joints within your body.

“For example, the muscles in your jaw are connected to your neck, and if they are contracted for a long period of time (potentially hours if you clench your jaw in your sleep without realising) this can lead to neck pain.

“Increased breathing rate due to stress can also result in lower back pain, due to the way your breathing affects the muscles surrounding your rib cage.”

If you've found yourself with a bad back or sore muscles during lockdown, it might not be down to poor posture, or a heavy bout of gardening. So, [what can you do about it?](#)

“Alongside regular treatments, I also use relaxation and mindfulness techniques, which can help with back or neck pain,” says Joshi. Yoga – as so often – is a useful tool, since it combines stretching with meditation; a double fillip for your aching back.

---

### Get in touch

During this difficult time, is there anything you'd like to see more of in this newsletter? Let us know at [365@telegraph.co.uk](mailto:365@telegraph.co.uk).

If you have questions or feedback, please visit our [help page](#). If you have questions about your Telegraph subscription, including delivery issues or technical ones, [please visit this page](#) and contact us that way.

---

Keep up with what matters to you. Start your one-month free trial with *The Telegraph* to follow the stories you care about.

Subscribe

---