

Simplifying the Mind-Body Connection

What do marriage proposals, interviews, overtime in the Superbowl and getting pulled over for speeding all have in common?

They all have the potential to give us "butterflies in our stomach".

How about that diarrhea I used to get before every track meet in college? How about when my husband threw up on our wedding day?

Seriously, is it possible anxiety can make people feel like they are going to die of a heart attack? Anxiety alone? How about depression causing increased physical pain? Can resisting a bad habit make people feel like they are going to crawl out of their own skin? Can stress cause pain in your neck, stomach, shoulders and pelvic floor?

Almost 20 years ago, I was in my undergraduate class the "Psychology of Stress" and in walks my professor, book in hand. Without saying a word, he starts reading a very erotic novel. He reads long enough for us to get over our shock of what's happening and start to feel kind hot and, dare I say, dizzy. Then he stopped ever so abruptly to find out how we were all feeling. This led to a riveting lecture on the effect the psychological can have on the physical.

Research tells us the mental and physical are intimately connected. It's possible if physical health doctors have not been able to help, a doctor or therapist specializing in the psychological can.

The book my professor read had us thinking about something that led to a very physical reaction, without our physical being "prompted" in any way by physical touch, sight, sounds etc.

If you suspect, or your doctor suspects, that your physical complaints are partially or entirely caused by psychological, I hope you will feel empowered. This does not mean you are at fault in any way. This just means you are human. You are having a unique display of the psychological impacting the physical. This is largely out of our control and may benefit from the help of someone who specializes in treating the psychological.



Greta Pankratz, LCSW

www.smcounseling.com
info@smcounseling.com



Santa Maria Counseling