Stress & Tension

Learn to calm your mind and soothe your body

Stress and tension can manifest in outbursts of anger, difficulty sleeping, feeling shaky, reduced appetite as well as many other symptoms. Some people experience an increase in physical pain, migraines, lowered immune system or an increase in tummy troubles.

These symptoms are the body's way of giving a warning that the 'stress response' of the nervous system has switched on and it staying on.

Sessions can provide practical tools for calming your mind and body, a safe space to process emotional turmoil and a chance to learn new coping strategies.

It might not be possible to remove the actual external stress right now. It could be due to things out of your control like a relationship breakup, a death or work pressures.



Therapy can help you turn the body’s stress response *off*, and thus reduce the physical manifestation of the tension – even in the midst of the troubles.

It’s a bit like taking control of the direction of your boat in a storm, by lowering the sails. It doesn’t stop the storm but makes it possible to navigate towards your goals, and reduce damage to your boat (or body).

Learning to be physically calmer in the face of life’s troubles means that- despite the external stress – you are *still* able to sleep well and care for yourself; ultimately making you stronger and more able to bear stress.

Rather than waiting for life to get easier, therapy can help you learn to manage your internal stress and tension. The pain of life can become a little easier to cope with, and a sense of resilience can blossom within you.