



The Mind/Body Connection- the ultimate conversation between your brain and your body-

Your body responds to the way you think, feel and act. This is often called the “mind/body connection.” When you are stressed, anxious or upset, your body tries to tell you that something isn’t right. When you stop listening to what are body is saying, you will begin to notice physical signs appearing seemingly out of “no where”. For example, high blood pressure or a stomach ulcer, might develop after a particularly stressful event, and throat issues may arise when you stop speaking your mind.

Poor emotional health can weaken your body's immune system, making you more likely to get colds and other infections during emotionally difficult times. Also, when you are feeling stressed, anxious, or upset, you may not take care of your health as well as you should. You may not feel like exercising, eating nutritious foods, or being kind to your body.

Remember the only way to really get back on track is to take time each day just for you. Get outside in the fresh air, exercise, read, journal, mediate, eat really healthy foods, and drink plenty of water. Do anything that re-connects you to who you are, and what makes you happy. You’ll find when you balance your inside life- your outside life is better, happier, healthier- and in turn balanced.

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