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OUR BODY AND MIND ARE ONE

Our bodies and minds are profoundly inter-related and it is this that is the basis of the approach used in these groups. Neuroscience research tells us that our thoughts are governed by our emotions which are, in turn, grounded in our bodies. If we can learn to explore the emotional content of our physical symptoms, even understand their purpose perhaps, we are more likely to be able to self-manage them.

Our emotional distress such as when we are fearful, anxious or depressed often disconnects us from others. We are told that these feelings mean we are unwell in our mental health, in our minds. This distress is seen as separate and distinct from physical symptoms in our bodies, our physical health. We have a mental and physical healthcare system, without a connection between the two. Symptoms such as irritable bowel syndrome, ME, fibromyalgia, chronic pain, asthma or eczema are understood to mean that we are unwell in our bodies.

However, ground-breaking research demonstrates that there is a complex and dense inter-connectedness between the brain and the body resulting in the split between body and mind is unhelpful. The brain is entwined with the whole body through the nervous system via the spinal cord for example, including all the systems, organs, musculature, liquids and chemicals constantly influencing the brain. There is no separation between body and mind.



Your whole being is ever-changing, new pathways are forming in your brain as you read this. We are dynamically predisposed to all influences. We can become hyper- (over) aroused or hypo- (under) aroused at any one time. We can freeze – becoming rigid in body and mind, or be shut down and numb. When balanced in body and mind we can feel peaceful and connected with ourselves and others. Learning to listen to our bodies, to the signals termed symptoms, such as pain or other physical symptoms, it can help us to regulate ourselves.

We we can use bodily symptoms as a gateway to the self-healing/management of conditions by accepting that both body and mind are connected in that they are one of the same. Awareness practices to support feelings of wellbeing and resilience to cope with unexplained symptoms such as pain, and life events including trauma, can help us to learn that both body and mind are connected in that they are one of the same. This enables us to feel more in control of our unexplained symptoms, our feelings of depression and anxiety and promoting feelings of wellbeing.

Courses with employing The BodyMind Approach® enable people to learn to be present in their body, listen to their boy and empowering them to live well with any persistent bodily signals (symptoms) which do not have any medical explanation.