

# **Stressmanagement**

## **A Bodydynamic workshop on bodyresources in managing stress and high energy**

In therapeutic work and other kinds of helping professions we often meet the impact of stress in the individuals or families we try to help. And we are exposed to stress ourselves - both in our own lives and in listening to and relating to our clients, patients or students.

This workshop will give an introduction to how stress and other kinds of high energy influences us - psychologically, in our behaviour and in the way our brain functions. Different parts of our ego have different capacity in handling stress.

The Bodyego is the part of our ego that develops first, long before spoken language becomes available. The brainstem and the limbic system are the active parts of the brain in the functioning of the bodyego - brainfunctions that we share with mammals.

In high stress we strongly need the resources from this more "primitive" part of our ego function. The Body-ego is that part of our ego most capable of staying present and active in high stress. The stronger the Body-ego, the better the capacity to cope, ground and act during high stress - and to refind orientation in life afterwards.

Specific training in body sensation, grounding and bodycontainment is therefore an efficient method to increase the copingstrategies available for the individual in high stress. These copingstrategies can help you manage both your own stressreactions and those you meet in other people - and it can help you in not getting burned-out. Burn-out is most often a result of an overwhelming amount of stress - handled with insufficient copingstrategies.

Practical exercises will be given during the workshop - alternating with theoretical input and exchange.

The workshop is relevant for anybody who wants to learn more about stress and high energy - and how to handle these states of consciousness through bodycentered copingstrategies.