

# 4 Ways Stress Presents Itself

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In order to de-stress and be balanced we need to be whole in mind body and spirit. Finding ways and tools to slow us down and hear ourselves can help us grow personally and spiritually and to hear inner guidance. Here is what I mean.

When you are stressed there are 4 ways it presents itself:

## 1. Mental

- Fuzzy thinking/unclear thinking
- Say one thing and mean another: "Turn right and you mean turn left"
- Hard to make a decision: "should I go this way or that way?"

## 2. Emotional (feeling)

- Crying: angry
- Overwhelmed: so much on your plate you are blocked, and can't seem to accomplish anything.
- Staring out into space.
- Relationships: arguing/fighting

## 3. Physical

- Tension and pain in parts of your body; shoulders, lower back etc. Each of us have a favorite place to store it.

## 4. Spiritual

- Feeling alone
- Feeling disconnected from self and others
- Sense of emptiness
- Loss of groundedness: tripping, clumsy

Even though all these components may appear separate and linear (1,2,3 etc) they are not, they affect each other all the time, you cannot have one without the other.

When you think a certain way (mental), you have feelings (emotional) that go with it and your body (physical) feels it and your spiritual sense is very aware and is affected and your relationships are affected.

**For example:** You didn't get a birthday card from your friend/partner/child and you think (mental) "they don't care", the feeling (emotional) is "hurt/anger" and your body (physical) responds with tension in the "heart/stomach" (aching/cramping) and you feel disconnected (spiritual) from that person and maybe from yourself because you don't like the way you respond. Your response to the person might be "aloofness", not talking or looking at them.

Healing takes place all 4 ways. Take the example above:

**Mentally:** reframe, begin to look at it differently, “maybe they thought of me but couldn’t get a card right away.

**Emotionally:** with this thought you begin to go from anger/hurt to neutral, or compassion,

**Physically:** your heart starts to ache less, or stomach stops cramping.

**Spiritually:** you feel a bit more connected and you respond to that person with curiosity and looking at them more.

If you feel you are about to “blow a gasket” on any of these ways then you are ripe for a change; a new way to see (mental); feel more positive (emotional), feel more relaxed in your body (physical) and feel connected (spiritual) to yourself and others (relational).

If you are ready to create new patterns for all 4 ways to help with lasting reduction of your stress...call me, I can help.

You will learn the following and much much more:

- Reframing: seeing a new perspective
- Relaxation exercises
- Utilize humor.
- Meditations
- Breathing, breathing you say? I do breathe. Yes you do breathe, but are you breathing in a manner that calms you or intensifies your stress?

There is no time like the present to call.

**509 - 662 - 9526**