

Stressed or Present? – Which of these Choices Appear Regularly in Your Body-Mind Life?

by Mary Francis Hoffman, RSMT, HTP



What does it mean to be stressed? Generally speaking when I am really stressed I am not usually present. After I have been working with a client for a couple months I use a stress survey to help assess how she/he is doing and what areas still need exploring. This takes a look at physical, mental, emotional and social stress.

What is your stress quotient? Put a check by the symptom that you have experienced in the last week.

PHYSICAL STRESS--_Headaches, _ Fatigue, _ Weight Change, _ Pounding Heart, _Tension in muscles of neck and shoulders, _ upset stomach.

MENTAL STRESS--_Forgetfulness, _ Dulling of the senses, _ Mental Exhaustion, _ Negative attitude, _ Boredom, _ Decline in problem solving skills.

EMOTIONAL STRESS--_Anxiety, _Mood Swings, _ Irritability, _ Self-Criticism, _ Crying spells, _Easily discouraged.

SOCIAL STRESS--_ Isolation, _Resentment of others, _ Being Impatient, _ Using people, _Clamming up, _ Lashing out at friends and family. Continuous stress your life can and will create an inability to being really present to yourself and those you interact with daily.

Now take a moment and let's look at the word "Present." This word can mean many different things. I am present, I present myself. Here is a present. I'm making a presentation about the program. I feel his Presence. Within the word presence is the notion of essence; also the sound of "sense." It is as if to be truly present, one needs to be in touch with one's essence, that which reflects a life giving spirit mixed with one's sense, common or otherwise.

Questions for you to ponder:

Are you present?

Are you awake and aware of what is going on within and around you? Are you able to be truly present giving full attention to relationships and work?

Do you feel the presence of a Higher Power? People talk about "out-of-the-body" experiences; I wonder how many of us truly experience presence in the now!

Many of you have heard the saying "Today is a Gift." That is why we call it the present!

Stress can cause the body's immune system to begin to break down.

Simply put, never let yourself get too hungry, angry, lonely or tired. These areas can greatly affect the delicate balance within our immune system.

Somatic therapy provides a variety of ways to de-stress the body, mind and spirit.

Mary Francis Hoffman holds a BA in Psychology and Sociology. She is Nationally Certified as both a Registered Somatic Movement Therapist and Somatic Movement Educator. The Associated Body Works and Massage Professionals recognize her as a certified Somatic Therapist. She is trained in the art of Contemplative Dance (Authentic Movement). Mary Francis has recently completed Healing Touch Level 5 and Level I in Touch for Health. She is recognized by the Colorado Center for Healing Touch Inc. as a Healing Touch Practitioner. Mary Francis is currently working on certification in Healing Touch. She has 30 years experience in Health and Wellness, Addiction and Recovery, and Creative Play with individuals, businesses and civic groups.

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