

Stress Related Syndrome

A diagnosis of stress-related symptoms are more and more common amongst today's society. People, who are affected by a nonspecific stress-related syndrome, are unaware of the causes of their suffering, other than, that they are exhausted.

A therapist establishes an immediate report of a client's daily routine and the unnecessary exposure to non-specific stress. Whether stress is caused by pure pressure or the environment, the client needs to understand the various stages of a body's defense mechanism in which to fight excess stress.

First, the body enters a state of alertness, then advances into a state of resistance and at last moves into a state of total exhaustion. The body immediately tries to adapt to any stressful situation by producing specific hormones to fight against this unnatural state - and that causes the wearing down of the immune system and overall health.

Science has observed that during the last two stages, the body lowers its resistance dramatically and exposes it to bacterial and viral infections. Once the immune system has weakened, stress can have detrimental effects on the physical and psychological make-up of a human being.

To counteract a stress response the following hypnotherapeutic methods are suggested:

Deep breathing exercises and visual imagery to reduce physical stress and muscular tensions. These phenomena causes an immediate physiological chain reaction, such as lowering the heart beat, increasing the blood flow to hands and feet and balancing the hormonal activities in the endocrine system.

During the next few sessions, the client learns to acknowledge his/her feelings when stress-related symptoms arise. This is also a time, when a client gets reacquainted with his/her own body all over again and copes with the unhealthy state of mind and body. A gentle psychological fine-tuning may be addressed, whereby a client restructures his/her belief system and creates new behaviors to respond in a more appropriate manner to daily living. He/she learns to recognize the slightest tensions held within and gives immediate attention to a stress response (Hilgard & Hilgard, 1994).

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