

The Empowerment Opportunity LCSW PLLC

Holistic & Compassionate Psychotherapy

Mindfulness-Based Stress Reduction Therapy: Beating stress and anxiety with mindfulness and meditation

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Do you feel constantly stressed and anxious all the time? Do you find it hard to relax when you feel tired? Can you feel your stress in physical pain or tension? Are you constantly fatigued and restless?

Although it's normal that we all experience stress in some way in our daily lives whether it's due to work demands or our personal struggles – too much of it on an ongoing basis can be deadly/detrimental to our health. Stress itself is a health epidemic and its effects can cost lives / our emotional and mental well-being.

THE ISSUE OF STRESS AND BURNOUT

Sadly, the occurrence of stress and burnout are common themes for many of us living in modern society. Life events either small or large encountered alongside daily stressors can all add up to chronic stress.

Stress and burnout affect us on a mental, physical and emotional level. Cortisol, known as the stress hormone, is produced as a response to heightened emotions and challenging situations when the body views an event as a threat. When these levels arise, physiological changes begin to take place in the body. Our homeostasis levels become disrupted leading to a change to our

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internal regulation system. If these instances occur regularly, they can lead to avenues for physical illness.

On a physical level, elevated stress levels weaken our immune system and can cause our blood pressure levels to plummet. Heart disease and strokes can also be issues related to stress. Digestion and sleep are also prone to be disturbed. Stress can also affect our appetite which may make us reach out to more unhealthy food choices and alcohol consumption. Symptoms of pain and muscle tension can also be present from too much pressure and stress. Stress may also be connected to our stomach and digestion relating to gastrointestinal issues.

Depression, anxiety and thoughts of suicide may also be provoked with too much on going stress and burnout. Clarity, focus and concentration can become diminished due to feeling depleted and overwhelmed. Stress and burnout can take its toll on our emotions with constant worrying, mental exhaustion and feelings of overwhelm as a result. With all this happening, this can influence our mood and stamina leaving us more emotionally withdrawn and less emotionally present from our relationships and social situations. Productivity levels can also be interrupted.

Taking charge of our own wellness in a busy and demanding lifestyle requires time and commitment. Whilst many of us are short on time, even creating small steps of implementing healthy practices into your schedule can make a difference. Investing in our personal wellness and health can also lead to a better quality of life and physical health, positive differences in mental health and overall more contentment and happiness.

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Meditation and mindfulness as a coping tool for counteracting stress and balancing our nervous system.

The practice of meditation has been known to have powerful effects on the mind and stress levels. The focus on breath and conscious efforts in breathing fully enhances oxygen levels in the body. The depth of our breath can have an affect on our wellbeing, particularly in anxious states. Many of us were not taught at a young age to breathe consciously and fully, so it is not uncommon that most of us breathe at a shallow level. It is important to note that when we are stressed, our body contracts and breathing becomes more restricted which can lead to more internal states of stress and anxiety.

Meditation can be useful in bringing awareness to our senses and environments. How we feel and think at certain moments can be observed and move us forward to greater insight and ease. Mindfulness is also a practice that can promote mental awareness of life and its events on a more present basis. These tools are practices that can soothe the busy monkey mind and induce more relaxation and less stress in our lives.

Mindfulness Meditation Moments - 30-minute virtual sessions

These sessions will help you take a pause and break from your day. During our sessions, we will explore a deeper connection between breath and body. By focusing on breath awareness and

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body scans, we can learn to live more presently in the moment with our thoughts and ourselves helping us gain more clarity in our daily lives. Classes may include guided meditations, progressive muscle relaxation techniques, visual imagery and silent breath focused meditations.

We also offer psychotherapy sessions to individuals dealing with a wide range of specialties such as stress, trauma, depression, anxiety.

The Empowerment Opportunity LCSW, PLLC is a group practice based in Manhattan, New York City. Our private practice specializes in providing compassionate and individualized care of mental health counseling services towards a diverse population of mental health issues and clientele. At the "Empowerment Opportunity", we wholeheartedly believe that therapy is an honorable opportunity for enhancing personal growth and in optimizing health and wellness. We use an eclectic approach meaning we tailor our approach to meet our patients individual needs. Treatment modalities include psychodynamic and psychoanalytic therapy, cognitive techniques as well as mindfulness and trauma treatment approaches. All tele sessions are conducted on a secure technology platform that is HIPAA compliant and confidential.

More information on our practice can be found on our website:

<http://www.marymclluskeydsw.com> or for any additional inquiries, please feel free to contact therapywithalena@gmail.com for session bookings or mm649@nyu.edu for psychotherapy consultations.