

400 – Somatic Responses to Stress

With Steven Bruce and Anji Gopal

- **Overview of Stress and Its Impact:** The discussion elaborates on chronic stress and its somatic effects, including pain, anxiety, and physiological disorders.
- **Physiology of Stress:** Insights were shared on how stress affects body systems, with examples such as neck tension, jaw pain, and pelvic floor tightness contributing to back pain.
- **Stress Cues in Clinical Practice:** Clinicians are encouraged to identify signs of stress, such as rapid speech, body posture, or changes in breathing, to better support patients.
- **Intervention Techniques:** Approaches like mindfulness-based stress reduction, breathwork, and laughter therapy were discussed as ways to mitigate the physiological effects of stress.
- **Case Studies and Reflections:** Practical examples included recognizing stress in corporate settings and addressing work-life balance challenges to reduce pain.
- **Importance of Communication:** Highlighted the necessity of explaining interventions to patients in a clear and empathetic way to ensure understanding and consent.