

# Stress Management Summit

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## *Mette Mouritsen*

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### **Stress**

Stress is a worldwide problem that seems to have emerged and on the way to peak in this century. Nevertheless it may also change our lives, in a positive direction, when we learn to balance it. Almost everyone knows about stress, either from themselves or from others, and yet the stress experience is very individual, although it is triggered in the same way. What is behind these seemingly contradictions?

What great gifts might be hidden behind stress?

Why do we increasingly stress, and why do we get stress related diseases?

How may we all contribute to reduce stress?

### **Biography**

Mette Mouritsen has been working as MD for 25 years. The last 14 years she had a traditional public, medical clinic in general medicine, every day meeting frustrated people with symptoms, diseases and existential problems. She started to train Mindfulness in 2006 and this brought me further on to a 4 years psychotherapeutic study in integral psychotherapy, it brought her so much insight and valuable tools. A kind of a self-healing process, she started to facilitate groups with my clients after daily work. The primary "tool" she used in the groups was mindfulness, to bring relaxation, calmness, and focus, and then she just kept an openhearted space in the room together with the other group members. Now her primary work is with people with stress, individual and in groups.

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### **Notes:**