

Stress Management Summit

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Why choose Sophrology to manage your stress efficiently and develop your resilience?

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Sophrology is a method that is widely popular in Spain, France, Switzerland and Italy and that is used in a various settings such as hospitals, sleep clinics, businesses as well as the sport and art industries.

Sophrology draws on Eastern and Western wisdom and practice to offer a structured and gentle method engaging both the body and the mind to help us reconnect with our natural ability to feel calm and relaxed. Sophrology offers a variety of practical exercises which include body movements, breathing and visualizations and is particularly effective in the field of stress, sleep and pain management.

Why choose Sophrology to manage your stress efficiently and develop your personal resilience?

- Sophrology is a body mind discipline that positive affects all components of stress, not only creating a relaxation response and releasing the excess of tension but also addressing the causes, signs of stress, the person's behavioral response to the stress triggers and one's personal resilience.
- Sophrology is effective in the long term. It helps bring the awareness back into the present moment, managing the stress symptoms in the here and now but also looking at the future, developing one's personal resilience to stress to face future stressful situations in a more relaxed and serene way.
- Through its specific exercises, Sophrology develops our sense of vitality and aliveness within ourselves which is always compromised when experiencing high levels of stress. Sophrology reduces the emotional impact of stress and stimulates our ability to spring back and move forward.
- Through a deeper work on values, Sophrology addresses the existential element of stress, impacting the person's life positively in the long term.
- On a physiological level, Sophrology counteracts the effects of stress

	Stress	Sophrology
Heart rate	Increases	Lowers
Breathing rate	Increases	Lowers
Adrenaline	Increases	Lowers
Muscular tension	Increases	Lowers
Tiredness	Increases	Lowers
Blood sugar	Increases	Lowers
Concentration skills	Lowers	Improves
Immune system	Weakens	Strenghtens

Sophrology's techniques can easily be re-used at home or at work. There is no age limit and the practice does not involve complicated postures. The simplicity of use of Sophrology in one's everyday life makes it a method of choice in the management of stress.

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