

**Ponder the Quotes**

Take a moment to be grateful for your body.

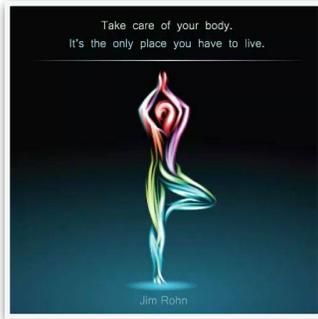
Identify three gifts your body gives you that you evoke a gratitude.

WHEN YOU CHANGE YOUR MIND  
ABOUT STRESS, YOU CAN  
CHANGE YOUR BODY'S RESPONSE  
TO STRESS.

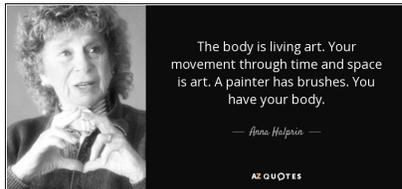
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*KELLY MCGONIGAL*

## **What is Your Relationship to Your Body Like?**



Early in the podcast conversation, Susan discusses her journey into body work. Through the circumstances of her life, she comes to realize the power of the body and the need to tune in to the body. In one sense, this started early in her life through an active childhood. But, she became more interested in the body as she navigated her career - eventually leading to the shift in her career and her own body work.



Our conception of our body is directly related to our history with our body and how our bodies have interacted with our environments and circumstances.

### **Reflect/Discuss**

How has your relationship to your body changed throughout your life? If you look at your body as part of your history, how would you describe its role in your life-experiences? Do you feel connected to your body as an important part of your experience of life? If so, how did you develop that. If not, what makes you feel disconnected from your body.



The human body is an instrument for the production of art in the life of the human soul

Alfred North Whitehead  
PICTUREQUOTES.COM



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## **Issues in the Tissues**

At one point in the conversation, the discussion turned to stress that is stored in the body. Susan and Dave discussed the reality stress and trauma can be stored in the body. Of course significant trauma requires expert support and guidance. But everyday stress can, over time, create real trouble for our bodies. There are ways to release stress from the body - even as Susan showed Dave in the video.

*Consider this quote from Lauren Roxburgh & Jill Willard who work with clients to identify "stress containers" and remedy them.*

The five areas are the jaw/neck/face, the shoulders/heart, the diaphragm/lungs, the stomach/gut, and the pelvic floor/hips. What I've observed in literally thousands of clients is that stuck stress manifests itself in blockages, pain, tension, and rigidity in the fascia or connective tissue; it can actually be felt as I work on these parts of the body.

**Article cited: [Where Stress Gets Stuck in the Body—And How to Release It](#)**

There are numerous ways to release stress and tension in the body. You can learn more by reading the article listed above from the Goop website.

### **Reflect and Discuss**

Where do you hold tension in your body? If that tension had a voice, what might it be saying to you? As a group, share ways you hold tension in your body and ways you release tension from your body.

Is there something in your life that you're holding onto that is showing up in your body?

Is there something you could do right now to release tension from your body?

## **How I Behave During the Day Affects My Body**

During the After-Cast, Susan and Dave discuss the treatment of the body. How we behave everyday - what we eat and drink, how we breathe, how we hold our posture, along with scores of other small actions, all add up to create ease or dis-ease in our body.

### **Reflect and Discuss**

Are there daily action you could change to treat your body better, to increase your wellness, and to release dis-ease in the body? Discuss some of the actions you can take or eliminate, that would better care for your body.

Here are a few areas to consider:

- Food and drink intake
- Body movement and exercise (moving, stretching, strengthening\_
- Emotional equanimity (volatile and unresolved emotions create dis-ease, practicing equanimity increases calm)
- Friendship
- Time away from work for re-creation and fun
- Practicing mindfulness and walking a spiritual path

**What else would you add to the list?**

## **How we take care of our bodies IS a spiritual practice.**

Here's a resources that can help you better care for your temple. Click on the title below, from the website *Everyday Health* to check out ideas you can start using today.

### **[How to Start a Self-Care Routine You'll Follow](#)**