

(STUDY) STRESS?

PHYSICAL COMPLAINTS?



LEARN HOW TO COPE WITH IT!

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*Member of the Professional Association VVOCM.
Registered in the Paramedics Quality Register.
Registered at the Chamber of Commerce.
Member of Parkinson Network and Network Chronic Pain.*

Studying is stressful

Your studying can compete with work, family and other activities for your limited amount of energy. You will inevitably have times when you worry because something major comes up, such as a research paper or a final exam.

It is important to know the symptoms of stress!

Stress often shows itself with symptoms, such as:

- recurring headaches, fatigue, insomnia or difficulty resting, grinding teeth, forgetfulness,
- overeating or excessive drinking, confusion,
- muscular tension and aches (RSI/CANS)
- hyperventilation and heart arrhythmia.

Stress also weakens the immune system, leading to frequent colds and infections.

Mensendieck therapy can help by focussing on:

- reducing, eliminating and preventing musculoskeletal disorders;
- determining the cause of your complaints and request for help.
- during the treatment you will learn to be aware of how your body is stressed, both physically and mentally.
- the treatment involves exercises, posture and movement correction and relaxation therapy.
- this (re)teaches your body favourable impact.

Supplementary tools

Ergonomics, motivational interviewing, haptonomics, mindfulness, multi-disciplinary treatment available

Results of therapy

- body awareness, recognizing signals,
- self-management, more in control
- developing coping skills and
- improved resilience
- you become your own therapist!

Dorien van Gompel is a **Mensendieck** therapist, with more than 20 years of experience.

Mensendieck therapy owes its name to Mrs. Bess Mensendieck ((1864 - 1957). She has developed the therapy early last century.

Costs

In most cases, your AON insurance will cover the treatment. In case of a Dutch healthcare insurance you need a supplementary package. Contact Dorien for more details.