

MIND-BODY CONNECTIONS

Patterns to look for when investigating the possibility of mind-body connections.

Physical symptoms are:

1. Usually not present first thing on waking.
NB The symptom may come on before you have got out of bed as you start to think about the day ahead. Is it present on the moment of opening your eyes?
2. Better or absent during exercise or straight after exercise.
3. Worse on a day with a lot of extra "busyness", pressure responsibility, relationship challenges.
4. Better on days when you are having a very good day emotionally, for whatever reason.
5. Better when more relaxed eg weekends and holidays and worse on work or school days.

Used with acknowledgement to Dr B Mann, MB. ChB. FRNZCGP. MGP(dist). General Practitioner, Medical Educator, Christchurch.