

Psychosomatics: When the child is sick, so as not to go to school

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Psychosomatics shows how the body reacts to the psychological state of a person.

Our brain has no team to kill us, so when the head hurts, there is some kind of malaise, it means that the brain gives us a signal - a failure has occurred, measures must be taken. The body himself invites us to stop, relax and think about what happens to us actually.

New Germanic medicine explains - each of our perception authority can send a certain signal. And, although not each of us thinks about the reactions of their own body, this system can be considered an ideal indicator of deep psychological problems.

A simple example: if eye hurts or worsened eyesight, it means that a person tries to close his eyes on some kind of situation, does not want or even can not see any things in his life. And if problems with the skin, it means that something is wrong with our borders - for what reason we do not let people get closer? All teenage rashes or allergies are at least 50% related to the problem of self-identification.

So it happens to children. And then the task of parents is to track the child's reactions, carefully refer to all changes or peculiarities in behavior. Common Situation: The baby just began to go to the kindergarten and immediately picked up a runny nose. Parents themselves explain this to cross-infections, a large number of bacteria and viruses - the permanent "guests" of the kindergarten. And everything seems to be everything, the child's body really needs adaptation. But the cause of diseases most often lies precisely in psychosomatic processes.

"Bonus" in the form of snot, which the child brought from the kindergarten, is a typical territorial conflict. The sense of person is configured to inhale the environment, but when the external circumstances change, the nose blocks perception - due to fear, anxiety, excitement and stressful state begins to seem to seem to urgently turn off the perception authority.

Rubber - conflict development of the territory, refugee conflict. The kid who picked up snot in the kindergarten, can not breathe full of breasts a new setting.

The child (as well as adult) does not get sick just like that. There is such a concept - identified patient. When some conflict has long been born in the family or inside the collective, the child unconsciously reads a heavy setting and simply cannot be in this environment. And, if he does not find the strength to respond - to cry, shout, express, - then the reaction begins to occur in the body and comes to the physical level. Then, chronic diseases, ailments and other health problems begin.

Another reason why children often get sick - when they feel bad, mom and dad stop quarrel, immediately become attentive, affectionate, caring, more included parents. Sometimes, if neither sad, the only way for a child to attract the attention of parents is to get sick.

Talk to the child to recognize the causes of the disease. Maybe he is afraid of someone, or something confuses him. Maybe he cannot cope with some situation, it is difficult for him to communicate with someone.

If the child creaks his teeth in a dream, it means that during the day he is experiencing a strong tension that simply does not find out. Consider maybe it is overloaded. Massage the hand point on the hand between big and index fingers, try to contact the dentist and make a special prophylactic capamp for sleep. Effective exercise - compress and squeeze fists to remove the stress with chewing muscles, do stretch marks, push ups. In general, in this case any physical exercises are best working, which at first strongly strain the whole organism, and then relax.

Pay attention to how you are talking to the child. There is the concept of "maternal philanthival". When you say daughters before bedtime: "You are my good, grow good, beautiful, happy," you program it on positive events. And when the mother says to the child: "Nadya's hat, you can walk" or "Well, all the legs wet - you get sick!", "She seems to give him some kind of order, asks the direction. Once - and he really fell ill.

When soothing the child, try to avoid phrases that begin with the "not" particles: "Do not cry", "do not worry", "not nervous." Our brain lowers "not" and perceives only "cry", "worry" and "nervous". Say gently: "Calm down." And even better - show participation and ask what happened.

Heavy expectations also frighten the child and can lead to illness. This mechanism is opened. Mom thinks: "Since he feels bad, then I will not require anything today, will cancel all the circles and tutor, let him relax." Children feel this difference and understand that to get out of a crazy schedule School - a tutor in Spanish - a football section - a circle of Macrame can only in this way. I got sick - and mom immediately affectionate, caring and kindly, does not require anything, only manifests attention and regrets. But it is necessary to understand that such a disease is not a simulation. This is a real temperature, a real cough and even a real virus. The child did not heat the thermometer on the battery, and unconsciously programmed himself to the disease. And from this, perhaps it becomes only worse.

But the sick and sore throat, for example, signals non-uniqueness. Try to explain the baby that it is possible to speak and you need - it is not necessary to someone in the face, you can simply imagine someone, or speak emptiness, or it is trite to share the experienced day with your family. After all, we are all so arranged that we can archive any injury. And if it does not unpack it on time, our vessel will overflow - a nervous breakdown will occur.

And here the fantasy experience can come to the rescue - practice with which you can rewrite your story. Let the child remember some situation where he was ashamed, insulting, hurt, where he was

silent or on the contrary, he said something wrong, where there was some discomfort. What could he do at the moment to get out of the situation with the winner? This can be anything - because this experience is called fantasy. Let, let's say, it will help him with a superhero, or let him possess himself at that moment - the main thing is that everything ended with heptiend.