

Joint Meeting on  
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**PSYCHIATRY AND MENTAL HEALTH**  
&  
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### **STRESS: Disturbing factor in physical & behavioral wellbeing and tools to modulate the balance**

A healthy life is all about 'Balance'. By WHO health is defined as a "state of complete physical, mental and social wellbeing, and not merely absence of disease. Every human has own individual characteristic, and own capabilities to handle any sort of condition. Stress is largely define as a disturbing factor which can disturb the homeostasis between physical, mental and behavioral wellbeing. Researches has shown how stress bring out various hormonal stimulation and bring out physiological changes from increased heart rate to sleep apnea to poor immunity to anxiety in behavioral trait. Recent studies also shows stress of any nature work, socio-economic etc can trigger musculoskeletal issues such as low back pain, neck pain, stiffness, myofascial trigger points, postural changes, and also play crucial role in increasing anxiety and depression. To combat stress and maintain balance between physical and behavioral wellness, tools such as physical training, muscular & fascial release, relaxation etc can be beneficial. In this workshop we will be discussing the effect of stress on physical and behavioral health, how to modulate between these two aspects and use of various tools such as muscular & fascial release technique, relaxation, meditation, use of various available supportive devices to break the vicious cycle of stress-pain-behavioral dysfunction and provide relief to muscular and nervous system. Hence helping the patients to resolve the stress and maintain total health.

#### **Biography**

Shubhangi Gaikwad has completed Masters of Physical Therapy from Ayushmann college, Barkatullah university, India. She is currently working as senior Physiotherapist in Saudi German Hospital, Dubai. Having vast experience of more than 8 years dealing with musculoskeletal, neurological and lifestyle disorders. Expertise in ergonomics, manual therapy, fascial & functional training and Certified Dry needling practitioner.

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