



DANCE THERAPY AND ANXIETY

Dance therapy focuses more on experience and action rather than speech.

Through specific exercises and methods, the dance therapist will help you to explore in a safe way the origin of fear and what one experiences when feeling anxious. Physical reactions and thoughts related to fear are also explored.

Through kinesiological exercises and activities you can learn how to process and deal with fear, emotions and thoughts within a safe environment. You will discover that you dare to experiment more, become more flexible, and you gain more self confidence.



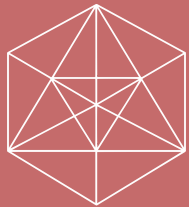
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What is stress?

Stress is a human function that aims to protect us. For example, it prevents us from being excessive but also warns us when there is danger. Anxiety is associated with the feeling of fear. Fear is a useful emotion that recognizes signals so that we can respond quickly. However, it often happens to some people that fear takes on its own form and substance. In cases where a person's daily life is "controlled" by fear and affects his immediate environment, then we refer to it as an anxiety disorder. An anxiety disorder causes serious, often unrealistic, fears in everyday life without real danger. Physical symptoms include palpitations, sweating, shortness of breath, nausea, or choking.

Consequences in daily life

If you suffer from anxiety disorder, you can often mistakenly perceive everyday situations as complicated and thus try to avoid them. As a result, you may notice that the fear of the unknown increases and your self-confidence decreases. This way you can fall into a negative spiral, in which you dare less and less. This can affect your daily routine, school or work, and your social interactions. At the same time the appearance of the coronavirus disease pandemic 2019 (COVID-19) has been stressful for humans. Fear and anxiety about a new illness and what can happen can be overwhelming and provoke strong emotions in adults and children.



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"SOUNDING MOVERS"

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BENEFITS OF DANCE THERAPY

- Improving the physical condition of the person and development of motor skills
- Reduce stress and it's physical effects
- Contact with emotion
- Managing painful thoughts
- Improving self-confidence
- Improving a person's personal relationships
- Improving adaptability
- Understanding the effect of ourselves on others
- Expressing emotions
- Improving self-awareness, self-esteem and personal autonomy
- Understanding the links between thought, emotion and behavior
- It encourages creativity and imagination
- Development of trust relationships