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by Rachel L. Harry, MS, LPC

**GETTING UNDER  
YOUR SKIN**

Not only can the stress of certain social situations make people anxious, it may also harm their health. While some people look forward to giving a speech or going to a job interview, others approach these events with a sense of dread. When researchers studied people with a greater neural sensitivity to social rejection, they found they also displayed greater increases in inflammatory activity. These increases are part of the immune system's natural response to potentially harmful situations. In addition, a prolonged inflammatory response may increase the risk of disorders such as asthma, rheumatoid arthritis, cardiovascular disease, and depression. If so, there are definite benefits to be had from learning to control stress caused by social situations.

Clearly, if you are suffering from extreme stress or anxiety and you have a physical ailment, there could be some connection. If you want to be healthy again, in mind and body, please call us at 608-742-5020 to make an appointment with one of our compassionate counselors. We can provide a safe space to deal with your anxieties and offer proven techniques for reducing them in these stressful situations. If you feel like you need help, please call us today. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

*P.S.: The study mentioned above provides yet another illustration of a mind-body connection.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)