

Irritable Bowel Syndrome and Stress

Because a link has been established between irritable bowel syndrome and stress, treating the stress may relieve the symptoms of IBS. Stress management, behavioral therapy and even hypnosis have proven to be effective in irritable bowel syndrome treatment plans. A recent study published in the Journal of Clinical Nursing focused on treating irritable bowel syndrome and stress with hypnotic therapy. 75 patients participated in numerous hypnosis sessions over a three month period and the results showed that hypnosis therapy could be an effective irritable bowel syndrome treatment. Patients in the study reported a reduction in abdominal pain and bloating, an increase in energy and sense of well being and a reduction in anxiety and stress. If you suffer from irritable bowel syndrome and stress may be a factor, hypnosis may not be necessary. Numerous books have been written about stress management. Most irritable bowel syndrome treatment plans include efforts to reduce stress, particularly while eating. Deep breathing exercises and muscle relaxation techniques may help reduce your symptoms. It is important to eat slowly and in a relaxed environment, not at your desk or in front of the computer or TV. The national desire for multi-tasking has caused many people to eat, while they are doing something else. This may lead to an increase in symptoms of irritable bowel syndrome and stress. If you can reduce your workload or at least take multiple breaks during the day, you are less likely to be stressed at mealtime. Exercise is also an effective stress reducer. Walking as much as you can (whenever you can) will increase the endorphins in your bloodstream and relax your body. A regular exercise program is often part of a complete irritable bowel syndrome treatment plan. Exercise can reduce episodes of irritable bowel syndrome and stress. Another suggestion for those who suffer from irritable bowel syndrome and stress is to eat smaller meals, more frequently. Eating large meals puts additional stress on the body and can increase symptoms of irritable bowel syndrome and stress. Eating several small meals per day seems to be a healthier way to eat than most people are accustomed to.

About the Author

Accreditation Council for Occupational Therapy Education awarded accreditation for a. Commission on Accreditation in Physical Therapy.

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