

SOMATIC

Meaning: Somatic refers to relating to the body, particularly in the context of physical symptoms or experiences that are connected to psychological conditions.

1. The somatic symptoms of the illness often overshadow the psychological aspects.
2. Many therapies focus on somatic experiences to help individuals process trauma.
3. In somatic psychology, the body is viewed as a crucial component of emotional health.
4. The somatic response to stress can manifest in various physical ailments.
5. Researchers are exploring the link between somatic awareness and mental well-being.

Source: sentences.whatistheurl.com

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