



Iris Alheidt-Pehrish - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

Recommendation of the week:

Live on Instagram

Together with Dagmar Beerlage from Ingolstadt, I will be talking about hormonal changes in women. Join us live and ask your questions — we look forward to seeing you!

Date: Tuesday, 25.02.2025

Time: 10:45 AM on Instagram

Dagmar is a naturopath and nurse. She has worked in the medical field for over 20 years, specializing in anesthesia, surgery, and intensive care.

Imprint

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How does our Partner affect our Physical Well-Being?

Our relationships impact not only our emotional but also our physical well-being. The way we interact with each other can either reduce or increase stress, influence our hormonal balance, and even strengthen or weaken our immune system.

In a loving and supportive relationship, our body releases more oxytocin — the so-called bonding hormone. It promotes relaxation, strengthens the cardiovascular system, and lowers the stress hormone cortisol. On the other hand, ongoing conflicts, emotional distance, or unspoken tensions can strain the autonomic nervous system, leading to physical symptoms such as sleep disturbances, headaches, or digestive issues.

Our partnership reflects our inner balance. Conscious communication, mutual appreciation, and shared moments of relaxation can not only strengthen our relationship but also positively impact our physical well-being.

How do you experience the influence of your relationship on your well-being?

What Symptoms may Indicate Unresolved Relationship Issues?

Examples of Physical Symptoms: Sleep disturbances, tension or pain – especially in the neck, shoulders, and back, headaches / migraines, digestive issues, fatigue / lack of motivation, cardiovascular problems

Examples of Psychological Symptoms: Inner restlessness / nervousness, irritability / outbursts of anger, sadness / low mood, anxiety / panic attacks, difficulty concentrating

If these symptoms persist, it's worth taking a closer look: What unspoken issues or conflicts might be behind them? Honest self-reflection and open communication with your partner can be the first step toward improvement.