



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:

Discover the Power of Family Constellations!

This method clearly reveals which familial or systemic entanglements influence your life — often unconsciously across generations.

By consciously recognizing and resolving these patterns, you gain greater clarity, inner peace, and freedom.

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What can we do to bring body and relationship into harmony?

Our relationships influence our well-being more than we often realize. Emotional tension, unspoken conflicts, or constant dissatisfaction can directly affect our bodies. But how can we keep both our health and our partnership in balance?

1. Pay attention to your body's signals

Your body sends you signs when something is off. Headaches, sleep problems, or tension may indicate that emotional stress from your relationship is manifesting physically. Take these signals seriously and ask yourself where they come from.

2. Clear communication is key

Unspoken expectations and disappointments strain not only your relationship but also your well-being. Speak openly with your partner about your needs and feelings. Avoid blame and use appreciative language.

3. Set and respect personal boundaries

It's important to know and communicate your boundaries. If you constantly feel exhausted or overwhelmed, allow yourself to take breaks. A healthy relationship is built on respect and the ability to give each other space.

4. Reduce stress together

Find rituals that benefit both of you. Whether it's going for walks, meditating, or setting aside distraction-free time together — moments of calm and connection help ease tension and reduce stress-related symptoms.

5. Seek professional support

Sometimes, an outside perspective can help. Couples therapy or coaching can provide guidance in recognizing ingrained patterns and developing new solutions. Seeking help is not a sign of weakness but of awareness.

Conclusion:

A harmonious relationship and a healthy body are closely connected. By listening to your body's signals, communicating openly, and allowing both yourself and your partner room for growth, you can create a partnership that strengthens rather than drains you.