What is
Dissociation?

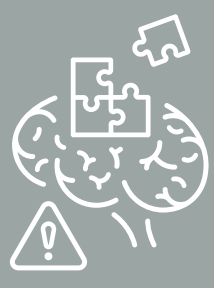
Have you ever driven on the highway and suddenly realized you missed your exit? Your body was driving the entire time but your mind wandered somewhere else. This is a common example of dissociation called highway hypnosis.

Dissociation is a fancy word for when your body and brain feel disconnected. It typically happens when you're under a lot of stress or feeling really overwhelmed.

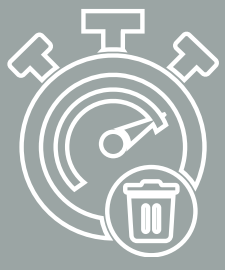
What are some symptoms of dissociation?

Feeling detached: you might feel like you're not really in the "here and now," almost like you are watching yourself from outside your body

Memory problems: you might feel like you're forgetting things or like you're memory isn't working quite right



Emotional numbness: you might feel like you're emotions are muted or not feeling them as strong as usual



Confusion: you might feel confused or disoriented, like you're not sure what's going on around you

Changes in Perception: you may feel like things look or sound different, almost as if you were seeing or hearing them through a fog

What should I do if I am experiencing symptoms of dissociation?

If you feel like you're dissociating and it's bothering you, talk to someone you trust like a friend, family member, or mental health clinician. You can also do some grounding exercises, like:

1. Activating your 5 senses (sight, touch, smell, taste, smell)
2. Walk in nature barefoot or jump/stretch
3. Hug someone or something like a pet, pillow or tree!
4. Do a breathing exercise like box breathing or the 4-7-8 technique

Contact us at Embodied Wellness, PLLC, for a free 15-minute consultation to inquire more about your experiences and how you can receive additional support from one of our mental health therapists.

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