



The Mind-Body Connection: How Emotions Influence Our Health

Date: November 16, 2023 **(Note the early date.)**

Time: 6:00-6:45 pm: Arrive and mingle

7:00 pm: Dinner

8:00 pm: Presentation

Place: Hilton Hotel Osaka, 4th floor

Cost: FEW members: ¥6,000

Nonmembers (women only): ¥8,000

Register: By Wednesday, November 8, midnight **(Note the early date.)**

[FEW Kansai members may participate in monthly meetings via Zoom if unable to join in person at the Hilton. Please go to the [event](#) page for details.]

This month, join us as Dr. Mira Simic-Yamashita explores the intricate connection between mind and body and how it influences our physical health.

When assessing our well-being, it is easy to forget how various aspects of health are interrelated. While physical pain is often the direct result of physiological distress, it can also be a manifestation of emotional distress. At the same time, emotional stress can affect our perception of pain. The interconnection of our physical and emotional health is the work of our November speaker, Dr. Mira Simic-Yamashita. She supports clients to harness the mind-body connection as one means to open a window to healing for conditions such as migraines and chronic pain.

Mira will share practical strategies to calm the nervous system, reduce pain, and enhance quality of life. She will also touch on how examining buried emotions, thoughts, and stress can influence our experience of pain. You will leave the meeting with a better understanding of how your emotional health affects your physical health, as well as strategies to improve your mind-body connection.

About Dr. Mira Simic-Yamashita

Dr. Mira Simic-Yamashita is a psychologist, therapist, and university lecturer. Originally from Serbia, she has lived in Japan for two decades. She obtained her bachelor's degree in psychology from the University of Belgrade in Serbia and holds a master's degree and a doctorate in psychology from Okayama University in Japan. She is a certified hypnotherapist and a Rapid Transformational Therapist. She runs a private practice, helping people with various emotional and psychosomatic challenges, including migraines and chronic pain. She is married and a mom of two teenagers and one dog. In her free time, she plays the flute, travels with family, and enjoys reading and exploring the Kobe life style.

