

Anxiety Management

Home/Self-Care Remedies

Anyone who has suffered from anxiety knows how paralyzing it can be. It's hard to know what to do in a moment of panic to break the cycle of distress. But just doing something, anything, in the direction of self-help can shift our entire mental, emotional and physiological experience. It has been said that "action is the antidote to anxiety". Here are some Chinese Medicine inspired tips to consider when we need a little guidance in taking action.

Slow Your Breath:

Sounds simple but this is the most important first step as slow, paced breathing has the power to help us regulate emotions while giving us access to frontal lobe reasoning and flexibility in thought to see our way through stressful situations. Slow, deep breathing, as taught in Qi Gong (ancient energy cultivation practice) pacifies the sympathetic (fight-or-flight) nervous system, calming the mind and body simultaneously.

Rub Your Low Back (Kidney Area)

The kidneys are important in anxiety-care because they house the Zhi, the spirit of the kidneys. Zhi loosely translates to the will. It relates to our place and purpose in the world and helps us feel safe and secure in our existence and our destiny. With kidney deficiencies, we can lose that spiritual support from the zhi. Anxiety and fears can take hold. Chinese medicine encourages us to warm the kidneys daily with the friction of (mid to) low back rubs.

Spend Some Time in Nature:

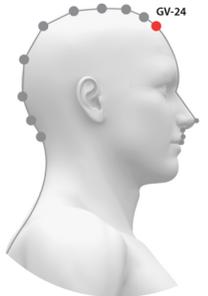
Another way to restore that sense of safety and belonging is to get in nature. In our technological society we can easily feel disconnected and forget that we are a part of nature. Chinese Medicine, rooted in Taoist philosophies, reminds us that true health is harmony with nature. We can help reset our natural rhythms by a walk in the forest or a meditation in the garden. Get some sun on your face and some earth under your feet! The act of connecting barefoot feet to the ground has been said to recharge our kidney energy through the kidney pressure point on the bottoms of the feet, and this practice of "earthing" has actually been shown to have many beneficial effects on the body!

Take a Yin Supplement:

Magnesium is considered a yin (cooling/calming energy) tonifying mineral in that it helps every system of the body shift into relaxation mode by acting as a natural calcium channel blocker. You can take it internally or topically for fast relief from anxiety.

Press These Acupressure Points:

- HEART-7: Shen men (spirit gate) Located on the inside of your wrist, in the crease, on the pinky side. Calms the heart, physically and emotionally, to relieve anxiety.
- Du-24 Shenting (spirit courtyard) Located at the top-center of the forehead over the pre-frontal cortex of the brain. Has a sedative effect and helps to restore balance between emotions and logic.



Reach Out to Family & Friends:

Sounds simple but this is the most important first step as slow, paced breathing has the power to help us regulate emotions while giving us access to frontal lobe reasoning and flexibility in thought to see our way through stressful situations. Slow, deep breathing, as taught in Qi Gong (ancient energy cultivation practice) pacifies the sympathetic (fight-or-flight) nervous system, calming the mind and body simultaneously.

Tap Your Upper Chest:

The Kidney 'transport' points are found on the upper chest on either side of the sternum. Each of these points deal with emotional or spiritual aspects of our health. Tapping these points gently with fingertips has been shown to have profound effects in emotional healing practices such as EFT (Emotional Freedom Technique).

Make a Cup of Tea

Trade in your coffee for chamomile, an easily accessible tea flower that has calming properties. Add some rose petals to move the liver qi and soothe feelings of frustration. If you can get your hands on some mimosa flowers, sprinkle those in the mix to bring your heart back into balance.

One of the best actionable self-help steps is calling and making your next acupuncture appointment! We are here for you with all the tools and knowledge to support a balanced nervous system and help you feel your best self!

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