



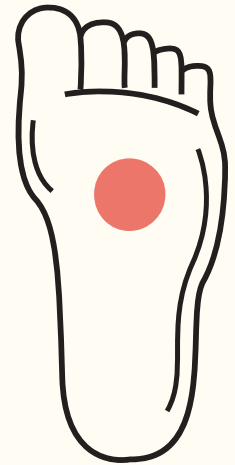
ANXIETY RELIEF GUIDE

BRITTA **HELAYNE**
INTEGRATIVE COACH



REFLEXOLOGY

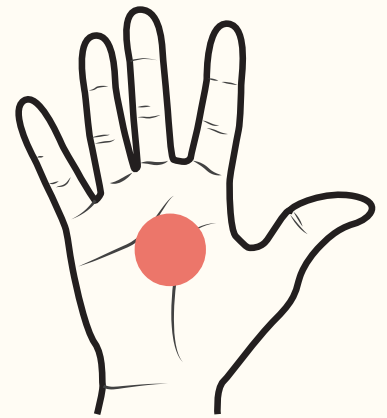
Reflexology is a holistic therapy that is the simple act of applying pressure to reflex points or nerve points on the hands and feet. Calcium deposits naturally build up on the end of the nerves and need to be broken away. Reflexology breaks away the build ups, which stimulates the nerve endings not only to increase circulation, but to help with overall function in the body. The result? Homeostasis or balancing the body.



Solar Plexus
on Foot

One of the best reflex points you can press to feel the immediate release of anxiety and tension is called the Solar Plexus. Refer to the chart to find the location of the pressure point of the Solar Plexus on the hands and feet.

Feeling like a bundle of nerves? That's exactly what the Solar Plexus is, a bundle of nerves! Using your thumb, press down on the Solar Plexus pressure point while taking a deep breath in. Release the pressure and exhale. Do this at least three to four times to get the full effect. Use the pressure point on the hand if in public, to diffuse any anxiety building up.



Solar Plexus
on Hand

ACUPRESSURE

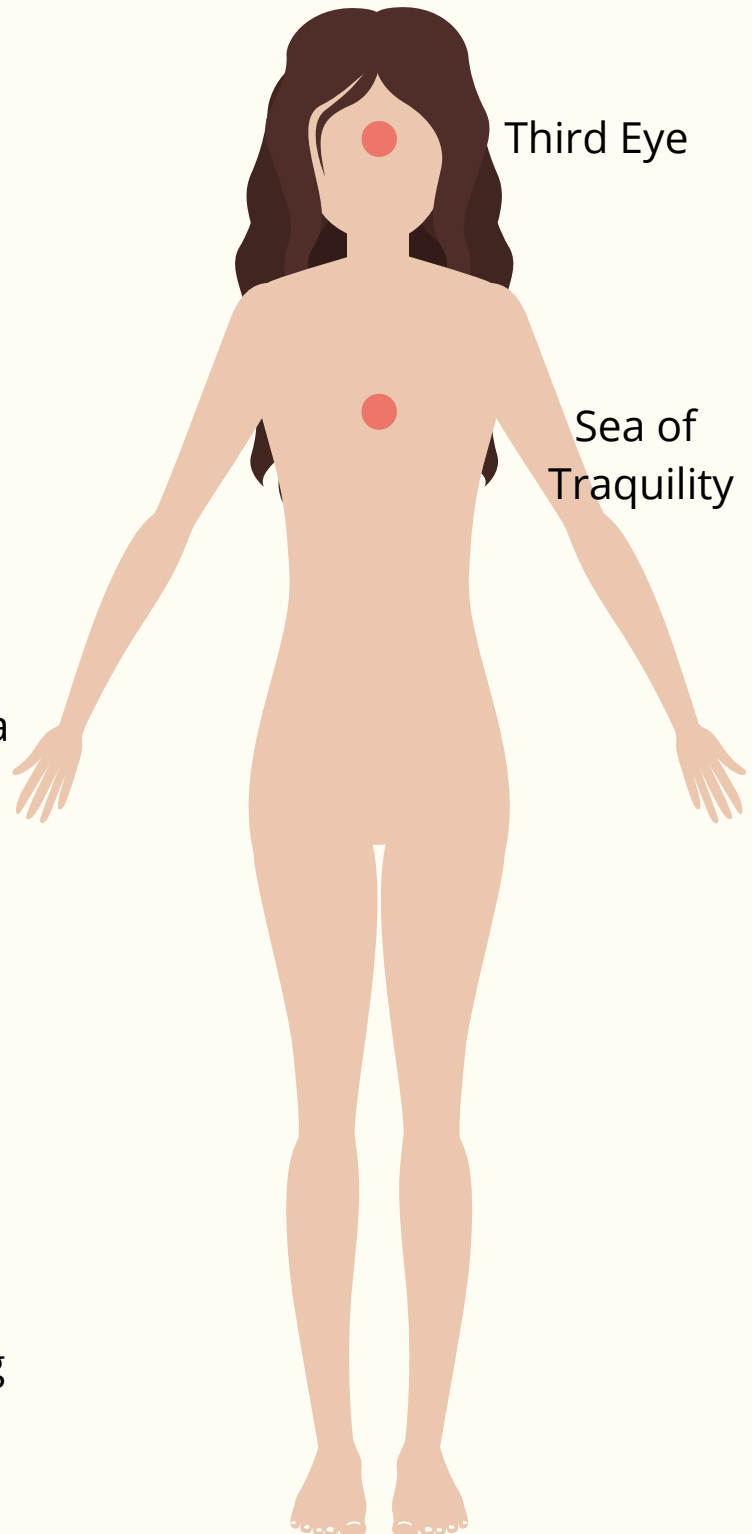
Acupressure is based on the pressing of key points located all over the body. When the points are stimulated with pressure, endorphins are released to ease pain and help to balance the body. There are several points that can be used to help with anxiety, but here are a few favorites:

Third Eye-

For a calming effect, stimulate this point either in a slow circular counter clockwise motion or press and hold on the point. When you close your eyes and use positive visualization, the effects increase.

Sea of Tranquility-

Feel a panic attack coming on? Apply pressure to this point and use deep breathing for faster increased effects.



ESSENTIAL OILS

Essential oils affect the body both physically and emotionally. Smelling them is the fastest way for it to take effect. Oils can also be applied to the skin, however most require mixing with a carrier or base oil such as coconut or almond oil. Applying essential oils, especially combined with reflexology and acupressure, heightens the effects and can be a power punch to anxiety. Two excellent oils to start out with are:



Known for its calming effects, *lavender* helps calm down anything in the body. Pour lavender oil in a small vile to carry in your purse or diaper bag. Being safe to use on children and without dilution, this is a must have!

Clary Sage is of the best oils for anxiety. It is known for lifting emotions and diffusing nervous tension. If applying the oil to the skin, mix with a carrier. Start with a few drops, not using more than six per application. This oil is best for older children and adults.

