

Patient Help Sheet

Anxiety

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"Quiet thoughts mend the body." - Chinese Proverb

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Anxiety in oriental medicine (OM) can be caused by many different patterns. With OM pattern analysis, we ask a patient where their anxiety is felt in the body and what other emotions and physical symptoms coincide with it. Acupuncture treatments are always highly individualized. In this article we'll explore two patterns and provide OM tips to relieve anxiety and help you feel calm and centered again.

Anxiety is excitement without breath.

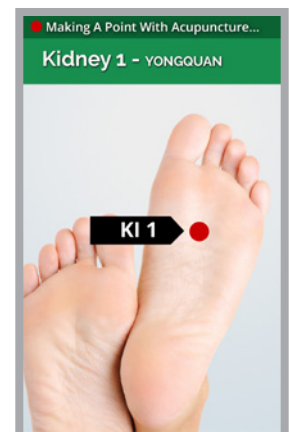
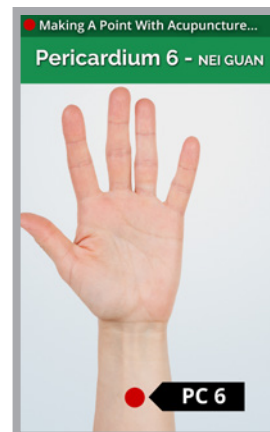
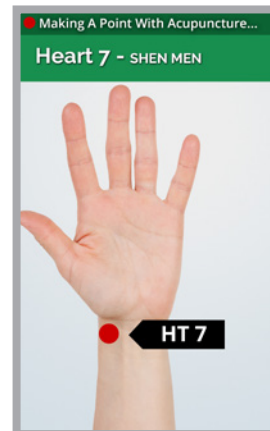
~Fritz Perls

Balance your yin and yang: The concept of yin and yang is more complex than this, but for the purpose of this topic the head and upper body are yang while the feet and lower body are yin. Some people with anxiety experience it as heat in the head, with their minds racing while the feet are cold and feel immobilized; in OM we call this 'excess above, deficiency below' or excess yang above, preventing yang Qi from flowing downward preventing yin from filling up and rising to cool the mind and calm the heart. There are also usually other symptoms, such as heart palpitations, digestive problems, a feeling like something is stuck in the throat and for women, menstrual issues.

- Acupressure @ Yin Tang + HT 7 + SP 4 + PC 6 + KI 1 (acupoint locations are listed at the end of this article).
- Aromatherapy: Place one drop of Angelica essential oil in some lotion and use it when you do acupressure or place a few drops in a diffuser.
- Yoga pose: Standing Forward Bend: with your feet parallel to each other, bend at your hip joints and fold forward. Take long, slow deep breathes. If your hamstrings are tight, it is OK to keep your knees bent. Try and hold this pose for up to three minutes or come in and out of it. Release and rest quietly lying on your back with your eyes closed, relaxing and breathing for one to five minutes.

Be Present

An ancient saying often attributed to Lao Tse, author of the Tao Te Ching states: "If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present." If your anxiety is triggered by worrying about the future then your anxiety pattern is likely caused by what is referred to in OM as 'over-thinking' being overly analytical. This pattern is often also linked to irregular eating habits, craving sugar, loose stools, fatigue, poor memory, being easily startled, palpitations, restlessness and difficulty falling asleep. To release anxiety and let go of the future, and shift your mind into the present moment try doing things with your hands and body that focus your mind entirely in the present moment such as: yoga, painting or drawing (adult coloring books), singing or chanting mantras, baking bread, gardening, ceramics, bird watching, rock climbing or anything that actively engages you in the here and now.



Please consult with a qualified acupuncturist before pressing any acupressure point

- Acupressure @ Yin Tang + HT 7 + PC 6 + ST 36 + SP 6 (acupoint locations are listed at the end of this article).
- Aromatherapy: Place one drop of Bergamot essential oil in some lotion and use it when you do acupressure or place a few drops in a diffuser.
- Yoga pose: Zen twist. Lay on your back with your knees bent with lower back flat. Your arms are level with the shoulders. Let your legs fall naturally to right and roll your head to the left. Gently move your left shoulder blade down the back, opening and relaxing the chest, shoulders, and inner thighs. Long, slow deep breathes through the nose. After a few breathes slowly transition to the other side. Repeat this pose 3 times on each side. Release and rest quietly on your back with your eyes closed, relaxing and breathing for 1-5 minutes.