

7 effective
tips to help
you cope
with
ANXIETY,
with Maria
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TIP 1

4, 7, 8 BREATHING (RELAXING BREATH) EXERCISE

This breathing exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it, but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

Dr. Andrew Weil, M.D.

TIP 2

AROMATHERAPY

According to studies, inhalation, bathing or topically using essential oils of either Rose, Bergamot and Lavender can help calm anxiety, improve mood and relax the senses.

TIP 3

HERBAL REMEDIES

Herbs found to be effective in treating anxiety; Chamomile, Passionflower, Valerian and Indian Ginseng.

TIP 4

BOWEN THERAPY

The Bowen technique therapy significantly reduced subjects levels of anxiety, and enhanced

individuals positive feelings by reducing anger, tension, depression, fatigue and confusion, in a study done at Swinburne University.

TIP 5

MEDITATION

A regular meditation practice may not only reduce anxiety symptoms, it can also reverse the damage caused by anxiety. With the latest neuroimaging techniques, these changes can be tracked and measured.

Researchers from Johns Hopkins University sifted through over 18,000 mindfulness meditation studies to determine its most effective uses. They concluded that the number one use for meditation was anxiety relief.

TIP 6

OCEAN

Minerals in the sea air reduce stress; negatively charged ions in the sea air combat free radicals, improving alertness and concentration; salt in the water preserves tryptamine, serotonin and melatonin levels in the brain, which aid in diminishing depression or increasing your overall sense of wellness; and research has demonstrated that the sounds of waves alter the brain's wave patterns, producing a state of relaxation.

TIP 7

BACH FLOWERS

Dr. Bach believed (and modern physicians now agree) that a person's mental state plays a vital role in physical well-being and the ability to recover from illness and injury.

In order to improve his patients' mental health, Dr. Bach utilized 38 various dilutions of flower essences, termed "Bach Flower Remedies," as natural remedies for depression and anxiety. Each flower is believed to have very specific qualities, and they can be taken alone, in combination or together with other natural remedies for depression. Determining which of the flower remedies to utilize depends mostly on the specific depression symptoms a person experiences.

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