

# Tips for Anxiety

Deborah Keene *“Empowering others to thrive in their health with the ancient wisdom and teachings of Yoga and Ayurveda made practical and accessible.”*

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**A**nxiety can be debilitating. Webster's Dictionary defines anxiety as: *“An abnormal and overwhelming sense of apprehension and fear often marked by physiological signs such as tension, increased pulse, and sweating.”*

**Ayurveda** defines anxiety as *accumulation of Vata Dosha in the nervous system which has spread*. Some of the ways the air element of Vata becomes aggravated are excess movement and/or stimulation, (physical or mental), skipping meals, or dry, light, rough, and cold qualities. These qualities pertain to food, environment, relationships, activities.....

*In order to heal anxiety we need to balance Vata.*

“Know Thyself”: Know your Constitution and what your specific needs are.

### Watch for the warning signs:

- Dry, itchy skin,
- Digestive issues such as gas and bloating
- Constipation
- Sleep Disturbances
- Feeling scattered or stressed
- Indecisiveness
- Insecurity
- Restlessness
- Overwhelmed

**R**elax. When we relax the energy moves down. When we are in the grip of an anxiety attack the prana is forced upward. We lose our ability to remain connected to all the different aspects of ourselves; to the truth of who we are which is love itself. We become more identified with our minds. Fear takes hold.

We must include relaxation daily to keep anxiety at bay.

Also, **The three Ms**

- Move the Body** - Connecting to the physical body can be one of the quickest ways to ground: run, skip, dance, walk, climb stairs, squats anything
- Meditate** - Find the path that suits you
- Mantra** - So Hum - *“I am that - I am all that I wish to be - I am already that.”*
- Tapping - cross arms, and tap with fingers, tap alternately right and left*

### What to Do:

*We must learn to deeply listen and tend to the inner landscape. Become aware of the stories we've been telling ourselves; our inner dialogue.*

Find the right balance **for us** between relaxation and activity.  
Create self awareness; pay attention to the messages from our minds, hearts, and bodies.

Be Gentle

Rest when we are tired

Prana follows focus: We feed that which we think.

If we look for the good and focus our attention on the positive we nourish that. If we feed our worries we will have more worries.

### Daily self care

- Consistent daily routine of sleep, wake, and eat
- Get outside - Be in nature
- Increase the qualities which are balancing: warm, moist, smooth, stable and heavy (Foods with lots of liquids)
- Sweet, sour, and salty tastes
- Oil on and in the body (Oil massage with Sesame oil for Winter)
- Clear the lymphatic tissue (Vata in the lymph is how the aggravated qualities spread): sip hot water every 10- 20 minutes
- Include turmeric daily in foods or drinks.
- Herbs such as chamomile, ashwagandha, licorice, passionflower

### Other Yogic Techniques

Complete Yogic Breath

\*\*\*Nadi Shodana (Alternate nostril breath) -

Legs up the wall pose Spinal Movements

Backbends \*\*\*Forward Bends

Twists Child's Pose Dog Pose

Shavasana - on belly or back

Calming Pressure Point Dr. Vasant Lad recommends the following ayurvedic pressure point therapy for combating anxiety:

*Make a fist with your left hand, so that the fingers rest in the middle of the palm. Locate the point where the middle finger ends, in the "heart" of the palm. Then, with the thumb of your right hand, press firmly on this point in the center of your left hand. Press for 1 minute. This will calm down the agitation of prana, which causes anxiety.*

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