Mini-Blitz Workshops

Dealing with Anxiety, Stress, Panic & PTSD

About Carol

Carol Macrae is a former Registered Nurse, owned and operated Fitness centres with her husband Kim, for more that 20 years. She has faced many personal, professional and medical challenges throughout her life, which lead Carol towards her healing journey, becoming a Reiki and Seichim Master and Teacher in 1999, a Clinical and 5-Path Hypnotherapist in 2005, and ultimately having a life-long quest to understand more about the connection between the mind and the body, and our mental, physical and emotional well-being. She is qualified in several other healing modalities such as Touch For Health Kinesiology, Theta Healing, Kinetic Shift, NLP and other energy medicine techniques, and as a Clinical Member of the Australian Hypnotherapist's Association, and the Chair of Reiki Australia, she continues to maintain her professional requirements by ongoing study in the latest techniques to help her clients gain safe, rapid and effective transformations and move on to happy, healthy lives.

Carol has survived breast cancer twice and healed bone cancer in her rib, regardless of the oncologist telling her it couldn't been done, using many of the mind-body-energy medicine techniques and the knowledge she shares with her thousands of students and clients to empower them to live better lives and help others.

This knowledge is what she hopes to share with you during this series of free Mini-Blitz Workshops, designed to help as many people to benefit as possible, and they are available on her website at carolmacrae.com.

In this Mini-Blitz Workshop we will be covering:

- What is stress, anxiety, panic and PTSD?
- Simple tips, tools, techniques and effective ways to manage these emotional states
- Coping techniques and self-help tool in the face of stress and anxiety
- Hypnosis session to reduce or eliminate these problems
- Demonstration
- Questions and Answers

Setting our Intention for this Workshop

- Please share what you hope to achieve from the workshop.
- Remember that this is a safe place and I ask that you keep everything that happens here confidentiality and show mutual respect for others who are on this journey with us.
- This manual is quite extensive, so we will only be able to skim over the surface, so we have time for a practical discussion at the end, however ZI have provided you with a resource booklet that you can use later on as a reference for different ways to deal with Stress, anxiety, panic attacks and PTSD.

Let's Begin!

Understanding Stress, Anxiety, Panic and PTSD

Definitions and Differences

- **Stress:**
  - Stress is the body's response to any demand or challenge. It can be positive (eustress) or negative (distress), triggering physical, mental, and emotional reactions. Common symptoms include headaches, muscle tension, fatigue, and irritability.
- **Anxiety:**
  - Anxiety is characterized by persistent and excessive worry about various aspects of life, even when there is no immediate threat. Symptoms include restlessness, rapid heart rate, sweating, trembling, and difficulty concentrating.
- **Panic Attacks:**
  - Panic attacks are sudden episodes of intense fear that trigger severe physical reactions without real danger. Symptoms include chest pain, heart palpitations, shortness of breath, dizziness, and an overwhelming sense of impending doom.
- **PTSD (Post-Traumatic Stress Disorder):**
  - PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event. Symptoms include flashbacks, nightmares, severe anxiety, uncontrollable thoughts about the event, and avoidance of anything related to the trauma.

STRESS

Causes:

External Pressures:

- Work-related demands, deadlines, and conflicts.
- Academic pressures, including exams and assignments.
- Financial difficulties, such as debt or unexpected expenses.

2. **Life Changes:**
   - Major life events such as moving, divorce, or the death of a loved one.
   - Changes in health status, either personal or family-related.
3. **Daily Hassles:**
   - Traffic jams, long commutes, or overcrowded public transportation.
   - Household responsibilities and chores.
   - Ongoing minor conflicts with family, friends, or colleagues.

Triggers:

1. **Environmental Factors:**
   - Noise, pollution, and overcrowded living conditions.
   - Work environment, such as an open-plan office or high-pressure sales floor.
2. **Interpersonal Relationships:**
   - Conflicts with partners, friends, or family members.
   - Social isolation or feelings of loneliness.
3. **Health Issues:**
   - Chronic illness or injury.
   - Poor sleep quality or sleep deprivation.

ANXIETY

Causes:

1. **Genetic Factors:**
   - Family history of anxiety disorders or other mental health issues.
   - Inherited traits that may predispose individuals to anxiety.
2. **Brain Chemistry:**
   - Imbalances in neurotransmitters such as serotonin, norepinephrine, and dopamine.
3. **Personality Factors:**
   - Certain personality traits, such as perfectionism or high sensitivity to stress.
4. **Life Experiences:**
   - Trauma or stressful life events, particularly in childhood.
   - Long-term exposure to abuse, neglect, or violence.

Triggers:

1. **Stressful Events:**
    - Job loss, financial stress, or academic pressure.
    - Relationship problems or family conflicts.
2. **Health Concerns:**
    - Chronic illness or severe medical conditions.
    - Fear of illness or hypochondria.
3. **Substance Use:**
    - Excessive caffeine or alcohol consumption.
    - Use of recreational drugs or certain medications.
4. **Environmental Changes:**
    - Major life transitions, such as moving to a new city or starting a new job.
    - Situations that are perceived as threatening or overwhelming.

PANIC ATTACKS

Causes:

1. **Biological Factors:**
    - Genetic predisposition to panic disorders.
    - Abnormalities in brain function or neurotransmitter imbalances.
2. **Psychological Factors:**
    - High levels of stress or prolonged anxiety.
    - Sensitivity to stress or a tendency to react strongly to stressors.
3. **Traumatic Experiences:**
    - History of trauma or significant life stressors.
4. **Physical Health Conditions:**
    - Thyroid problems, heart issues, or respiratory disorders.

Triggers:

1. **Stressful Situations:**
    - Intense stress or emotional distress.
    - Situations that remind one of past trauma.
2. **Physical Factors:**
    - Intense exercise or physical exertion.
    - Sudden changes in physical state, such as standing up quickly or overheating.
3. **Environmental Triggers:**
    - Crowded places or situations where escape seems difficult.
    - High-pressure or performance-related situations.
4. **Substance Use:**
    - Excessive caffeine, alcohol, or recreational drug use.
    - Withdrawal from medications or drugs.

PTSD – POST TRAUMATIC STRESS DISORDER

Causes:

1. **Traumatic Events:**
    - Exposure to life-threatening events such as military combat, natural disasters, serious accidents, or violent assaults.
    - Witnessing a traumatic event happening to others, including loved ones.
2. **Prolonged Trauma:**
    - Long-term abuse, whether physical, emotional, or sexual.
    - Chronic exposure to domestic violence or ongoing high-stress environments.
3. **Biological Factors:**
    - Genetic predisposition to PTSD or other mental health disorders.
    - Changes in brain function and structure following trauma.
4. **Pre-existing Mental Health Conditions:**
    - Having a history of anxiety, depression, or other mental health issues.

Triggers:

1. **Sensory Reminders:**
    - Sounds, smells, or sights that remind one of the traumatic event.
    - Certain locations or environments similar to where the trauma occurred.
2. **Anniversaries:**
    - Dates or times of year associated with the traumatic event.
3. **Stressful Situations:**
    - High-stress environments or situations that provoke fear or helplessness.
    - New trauma or stressful life events.
4. **Interpersonal Relationships:**
    - Conflicts or stress within relationships can trigger PTSD symptoms.
    - Feelings of betrayal or lack of support from loved ones.

SIMILARITIES

Understanding the causes and triggers of stress, anxiety, panic attacks, and PTSD can help individuals develop effective coping strategies.

As you can see, all of these emotional states are similar. Short term stress and anxiety can lead to long term stress and GAD (Generalised Anxiety Disorder). Long term stress and anxiety can lead to Panic Attacks, and if untreated these can all lead to PTSD. Solet's look at Stress and Anxiety as the basis for Panic Attacks and PTSD.

Short Term VS Long Term and Impact on the Physical Body

Short-Term Stress and Anxiety

Definition:

- **Short-term stress:** Also known as acute stress, occurs in response to immediate perceived threats or challenges. It is typically temporary and resolves once the situation is over. We are all faced with short term stress every day.
- **Short-term anxiety:** Brief periods of worry or fear triggered by specific situations, such as public speaking, taking an exam, or meeting a tight deadline.

Physical Effects:

1. **Activation of the Sympathetic Nervous System:**
    - The body's "fight-or-flight" (Fight, Flight, Freeze or Submit) response is activated, preparing to confront or flee from the perceived threat.
    - Hormones like adrenaline and cortisol are released.
2. **Physiological Changes:**
    - **Increased Heart Rate:** To pump more blood to vital organs and muscles.
    - **Elevated Blood Pressure:** To ensure sufficient blood flow and oxygen supply.
    - **Rapid Breathing:** To increase oxygen intake.
    - **Muscle Tension:** Muscles prepare for action, leading to tightness and stiffness.
    - **Dilated Pupils:** Improve vision and focus.
3. **Energy Mobilization:**
    - The liver releases glucose for quick energy.
    - Fat stores are broken down for additional fuel.
4. **Suppressed Non-Essential Functions:**
    - Digestion slows down.
    - Immune response is temporarily suppressed to prioritize immediate survival.

Short-Term Benefits:

- Enhanced alertness and focus.
- Increased physical strength and speed.
- Improved reaction times.

Negative Effects (if frequent):

- Headaches and migraines.
- Gastrointestinal issues like stomach aches or diarrhea.
- Sleep disturbances.

Long-Term Stress and Anxiety

Definition:

- **Long-term stress:** Also known as chronic stress, persists over an extended period due to ongoing pressures or challenges without sufficient relief or relaxation.
- **Long-term anxiety:** Chronic anxiety involves sustained, excessive worry and fear that is not tied to any specific event and persists over time.

Physical Effects:

1. **Prolonged Activation of the Stress Response:**
    - Continuous release of stress hormones like cortisol and adrenaline and nor-adrenaline.
2. **Cardiovascular Problems:**
    - **Hypertension:** Persistently high blood pressure increases the risk of heart disease and stroke.
    - **Atherosclerosis:** Chronic inflammation and high blood pressure can lead to the buildup of plaque in arteries.
3. **Immune System Suppression:**
    - Increased susceptibility to infections, illnesses and life-threatening disease.
    - Slower wound healing and increased inflammation.
4. **Musculoskeletal Issues:**
    - Chronic muscle tension leads to pain, stiffness, and musculoskeletal disorders like tension headaches and back pain.
5. **Gastrointestinal Problems:**
    - Chronic stress can contribute to conditions like irritable bowel syndrome (IBS), ulcers, and acid reflux.
    - Changes in appetite and digestive function.
6. **Endocrine System Disruption:**
    - Altered hormone levels affecting metabolism, energy levels, and weight gain or loss.
7. **Mental Health Impact:**
    - Persistent anxiety can lead to or exacerbate conditions like depression and panic disorders.
    - Increased risk of burnout and mental exhaustion.
8. **Sleep Disturbances:**
    - Chronic stress and anxiety often result in insomnia or poor-quality sleep, leading to further physical and mental health issues.

Negative Effects:

- **Cognitive Impairment:** Chronic stress affects memory, concentration, and decision-making.

- **Chronic Pain:** Persistent muscle tension and inflammation can cause long-term pain conditions.
- **Cardiovascular Diseases:** Increased risk of heart attacks and strokes.
- **Metabolic Disorders:** Elevated cortisol levels can lead to weight gain, especially around the abdomen, and increase the risk of type 2 diabetes.

Managing Short-Term and Long Term Stress and Anxiety

Short-Term Strategies:

- **Breathing Exercises:** Practice deep breathing or 4-7-8 breathing to quickly calm the nervous system.
- **Mindfulness:** Engage in mindfulness meditation to stay present and reduce immediate stress.
- **Physical Activity:** Short bursts of exercise can help dissipate adrenaline and reduce stress levels.

Long-Term Strategies:

- **Regular Physical Activity:** Engaging in regular exercise helps manage stress hormones and improve overall health.
- **Healthy Diet:** Eating a balanced diet supports physical health and reduces the impact of stress.
- **Adequate Sleep:** Prioritize good sleep hygiene to ensure restorative sleep.
- **Relaxation Techniques:** Practice regular relaxation methods like yoga, tai chi, or progressive muscle relaxation.
- **Social Support:** Building a strong support network of friends and family helps buffer against chronic stress.
- **Therapy:** Hypnotherapy, Psychotherapy and Cognitive Behaviour Therapies and some other forms of therapy can help address chronic anxiety and stress, alleviate anxiety, stop panic attacks and PTSD in their tracks and in most cases help with depression. Although I think that Hypnotherapy and Energy Medicine are actually the fastest and most effective treatments, I have put them at the end so we can do some practical work together in our workshop.
- **Energy Medicine Techniques:** EFT, Reiki Kinesiology, Tai Chi and other techniques can clear stuck energy and help bring the person back into balance again. We may work with some of these techniques in our workshop.

Understanding the difference between short-term and long-term stress and anxiety, as well as their respective impacts on the body, is crucial for developing effective management strategies and improving overall health and well-being.

Let's look at some of these techniques that really work to help deal with Stress, Anxiety, Panic Attacks and PTSD.

BREATHING AND THE VAGUC NERVE

Understanding the Vagus Nerve

The vagus nerve is a crucial part of the parasympathetic nervous system, which controls the body's rest-and-digest functions. It extends from the brainstem through the neck and into the chest and abdomen, influencing various organs, including the heart, lungs, and digestive tract.

Breathing and the Vagus Nerve Connection

Breathing, particularly slow and deep breathing, directly influences the vagus nerve. Here's how:

1. **Diaphragmatic Breathing:**
    - Diaphragmatic (or deep abdominal) breathing stimulates the vagus nerve because the diaphragm's movement during deep breaths massages the nerve, promoting its activation.
2. **Heart Rate Variability (HRV):**
    - The vagus nerve plays a key role in heart rate variability, the variation in time between each heartbeat. High HRV is associated with greater parasympathetic activity (relaxation response), while low HRV is linked to stress.
    - Slow, controlled breathing increases HRV by promoting vagal tone, which is the strength of the vagus nerve's activity.
3. **Respiratory Sinus Arrhythmia (RSA):**
    - RSA refers to the natural increase in heart rate during inhalation and decrease during exhalation. This phenomenon is enhanced by vagus nerve activity.
    - Deep, slow breathing amplifies RSA, indicating enhanced vagal tone and reduced stress.

Impact of Vagus Nerve Activation on Stress and Our Health

1. **Reduction in Stress Hormones:**
    - Activation of the vagus nerve helps lower the production of stress hormones like cortisol and adrenaline. This reduces the body's overall stress response.
2. **Enhanced Relaxation:**
    - The vagus nerve promotes the parasympathetic nervous system, which counters the fight-or-flight response of the sympathetic nervous system. This results in a state of calm and relaxation.
3. **Improved Emotional Regulation:**
    - Increased vagal tone is associated with better emotional regulation, reducing anxiety and improving mood stability.

4. **Physical Benefits:**
    - Improved digestion, lower blood pressure, reduced heart rate, and enhanced immune response are some of the physical benefits of a well-stimulated vagus nerve.
    - Breathing while activating and expanding the tummy which stimulates the vagus nerve can be one of the most beneficial ways to boost the immune system.

Breathing Techniques to Stimulate the Vagus Nerve

1. **Diaphragmatic Breathing:**
    - **How to Practice:**
        - Sit or lie comfortably with one hand on your chest and the other on your abdomen.
        - Inhale deeply through your nose, ensuring your abdomen rises more than your chest.
        - Exhale slowly through your mouth.
        - Repeat for several minutes.
2. **4-7-8 Breathing:**
    - **How to Practice:**
        - Inhale quietly through your nose for a count of 4.
        - Hold your breath for a count of 7.
        - Exhale completely through your mouth for a count of 8.
        - Repeat for 4 breath cycles.
3. **Box Breathing (Square Breathing):**
    - **How to Practice:**
        - Inhale through your nose for a count of 4.
        - Hold your breath for a count of 4.
        - Exhale through your mouth for a count of 4.
        - Hold your breath for a count of 4.
        - Repeat for several minutes.
4. **Resonance Breathing:**
    - **How to Practice:**
        - Breathe in through your nose for 5 seconds.
        - Breathe out through your mouth for 5 seconds.
        - Maintain this rhythm for a few minutes.
5. **3-5 Breathing:**
    - **How to Practice:**
        - Breathe in through your nose for the count of 3.
        - Breathe out through your mouth for the count of 5 like a deep sigh.
        - Maintain this rhythm for a few minutes.

By regularly practicing these breathing techniques, you can effectively stimulate the vagus nerve, enhancing its activity and promoting a relaxation response that mitigates stress and

anxiety. This practice contributes to better mental and physical health, providing a powerful tool for managing stress-related conditions.

MINDFULNESS

Mindfulness is a mental practice that involves maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations, and the surrounding environment. It is characterized by:

- **Present-Focused Attention:** Concentrating on the present moment without dwelling on the past or worrying about the future.
- **Non-Judgmental Awareness:** Observing thoughts and feelings without labeling them as good or bad.
- **Acceptance:** Accepting experiences as they are, without trying to change or avoid them.

How Mindfulness Helps Reduce Stress, Anxiety, Panic, and PTSD

1. **Reduces Physiological Arousal:**
    - **Calm the Nervous System:** Mindfulness activates the parasympathetic nervous system, promoting a relaxation response that counteracts the fight-or-flight response associated with stress and anxiety.
    - **Lower Stress Hormones:** Regular mindfulness practice can reduce levels of cortisol and adrenaline, which are stress-related hormones.
2. **Enhances Emotional Regulation:**
    - **Increased Awareness:** By becoming more aware of their emotional states, individuals can better understand and manage their reactions to stressors.
    - **Non-Reactive Response:** Mindfulness helps create a space between stimulus and response, allowing for more thoughtful and less impulsive reactions.
3. **Improves Cognitive Function:**
    - **Focused Attention:** Mindfulness training improves concentration and reduces the tendency for the mind to wander, which is often a source of anxiety.
    - **Memory Enhancement:** Better focus and reduced stress improve memory and cognitive function.
4. **Changes Brain Structure:**
    - **Neuroplasticity:** Mindfulness meditation has been shown to increase gray matter density in brain regions associated with learning, memory, emotional regulation, and self-referential processing.
    - **Amygdala Reduction:** Regular practice can reduce the size and reactivity of the amygdala, a brain region involved in the processing of fear and stress.
5. **Improves Resilience:**
    - **Stress Tolerance:** Mindfulness increases resilience by helping individuals face and accept challenging situations with greater equanimity.

- **Positive Coping Strategies:** Practitioners develop healthier coping mechanisms and a more balanced perspective on life's challenges.

6. **Provides Grounding Techniques:**
   - **Present Moment Awareness:** For those experiencing panic attacks or PTSD flashbacks, mindfulness provides techniques to bring attention back to the present, reducing the intensity and duration of these episodes.
   - **Grounding Practices:** Techniques such as focusing on breathing or bodily sensations can anchor individuals during moments of acute stress or anxiety.
7. **Supports Behavioural Changes:**
   - **Mindful Habits:** By promoting awareness of automatic thoughts and behaviours, mindfulness encourages positive changes in habits and routines that contribute to stress and anxiety.
   - **Healthy Choices:** Greater awareness leads to more intentional decisions regarding lifestyle, relationships, and self-care.

Specific Mindfulness Techniques

1. **Mindful Breathing:**
   - Focus on the breath, observing each inhale and exhale. When the mind wanders, gently bring it back to the breath.
   - Practice deep, diaphragmatic breathing to enhance relaxation.
2. **Body Scan Meditation:**
   - Systematically focus attention on different parts of the body, starting from the toes and moving up to the head, noticing any sensations without judgment.
3. **Mindful Walking:**
   - Pay attention to the sensations of walking, such as the feeling of the ground under the feet and the movement of the body.
4. **Loving-Kindness Meditation:**
   - Practice sending thoughts of love and kindness to oneself and others, fostering positive emotions and reducing negative ones.
5. **Mindful Eating:**
   - Eat slowly and with full attention, savouring the taste, texture, and smell of the food, and noticing hunger and fullness cues.
6. **Guided Meditation:**
   - Use guided recordings or apps to lead through mindfulness practices, especially useful for beginners.

Mindfulness is a powerful tool for managing and reducing stress, anxiety, panic attacks, and PTSD. By fostering a greater awareness of the present moment and cultivating a non-judgmental, accepting attitude towards one's experiences, mindfulness helps to calm the nervous system, improve emotional regulation, and enhance overall well-being. Regular practice of mindfulness techniques can lead to profound changes in brain structure and function, promoting resilience and a healthier, more balanced life.

EXERCISE AND PHYSICAL ACTIVITY

Physical activity is widely recognized as a powerful tool for improving mental health. Engaging in regular exercise can help reduce the symptoms of stress, anxiety, panic attacks, and PTSD through various physiological and psychological mechanisms.

Mechanisms Through Which Physical Activity Helps

1. **Release of Endorphins:**
    - **Endorphins:** Exercise increases the production of endorphins, the body's natural mood lifters. These chemicals act as natural painkillers and improve the ability to sleep, which in turn reduces stress.
    - **Euphoric Effect:** The release of endorphins during physical activity can create a feeling of euphoria, often referred to as a "runner's high."
2. **Reduction of Stress Hormones:**
    - **Cortisol:** Regular physical activity helps lower the levels of cortisol, the body's primary stress hormone.
    - **Adrenaline:** Exercise also reduces adrenaline levels, helping the body to calm down after a stressful event.
3. **Improved Sleep Quality:**
    - **Better Sleep:** Regular exercise promotes better sleep patterns and can alleviate insomnia, which is often linked to stress and anxiety.
    - **Sleep Duration and Quality:** Exercise can improve both the quality and duration of sleep, providing the rest needed to manage stress effectively.
4. **Neurotransmitter Regulation:**
    - **Serotonin and Dopamine:** Physical activity increases the levels of serotonin and dopamine in the brain, which are crucial for regulating mood and anxiety.
    - **Brain-Derived Neurotrophic Factor (BDNF):** Exercise boosts BDNF levels, supporting brain health and resilience against stress.
5. **Enhanced Cognitive Function:**
    - **Improved Focus and Concentration:** Regular physical activity improves cognitive function, which can help individuals manage stress better by enhancing their ability to focus and concentrate.
    - **Memory and Learning:** Exercise supports memory and learning processes, helping to counteract the cognitive impairments associated with stress and PTSD.
6. **Physical Relaxation:**
    - **Muscle Tension:** Exercise helps to relax tense muscles, which is a common physical symptom of stress and anxiety.

- **Overall Relaxation:** Physical activity promotes an overall sense of relaxation and well-being.

Psychological Benefits of Physical Activity

1. **Distraction and Break from Routine:**
   - **Mental Break:** Engaging in physical activity provides a distraction from worries and stressors, offering a mental break.
   - **Change of Environment:** Exercising outdoors or in a different setting can provide a change of scenery, which can be refreshing and rejuvenating.
2. **Improved Self-Esteem and Confidence:**
   - **Body Image:** Regular exercise can improve body image and self-esteem, contributing to a more positive outlook on life.
   - **Accomplishment:** Setting and achieving fitness goals can boost confidence and provide a sense of accomplishment.
3. **Social Interaction:**
   - **Group Activities:** Participating in group sports or exercise classes provides social interaction, reducing feelings of isolation and loneliness.
   - **Support Networks:** Exercise groups can create support networks, offering encouragement and camaraderie.
4. **Mindfulness and Presence:**
   - **Mind-Body Connection:** Physical activities such as yoga and tai chi incorporate mindfulness, focusing on the connection between mind and body.
   - **Present Moment:** These practices emphasize being in the present moment, which can reduce rumination and worry.

Specific Types of Physical Activity and Their Benefits

1. **Aerobic Exercise:**
   - **Running, Swimming, Cycling:** These activities are particularly effective at reducing anxiety and improving mood due to their intense cardiovascular nature.
   - **Consistency:** Regular aerobic exercise can significantly reduce the symptoms of anxiety and stress over time.
2. **Strength Training:**
   - **Weightlifting, Resistance Training:** These exercises help build muscle strength and can also improve self-esteem and body image.
   - **Routine and Discipline:** The routine and discipline involved in strength training can provide structure and a sense of control.
3. **Mind-Body Exercises:**
   - **Yoga:** Combines physical movement with deep breathing and meditation, helping to reduce stress and anxiety through mindfulness.
   - **Tai Chi:** A gentle form of martial arts that focuses on slow, deliberate movements and breathing, promoting relaxation and mental clarity.

4. **Outdoor Activities:**
    - **Hiking, Gardening:** Being in nature can enhance the stress-reducing benefits of physical activity, providing a sense of peace and connection to the environment.
    - **Sunlight Exposure:** Outdoor activities often provide exposure to sunlight, which can boost mood through increased vitamin D production.

Physical activity offers a wide range of benefits for reducing stress, anxiety, panic attacks, and PTSD. By engaging in regular exercise, individuals can experience improved mood, better sleep, enhanced cognitive function, and overall physical relaxation. The combination of physiological and psychological benefits makes physical activity a powerful and effective tool for managing mental health. Incorporating a variety of exercises, including aerobic, strength training, and mind-body practices, can help maximize these benefits and support long-term mental well-being.

HYDRATION AND HEALTHY DIET FOR MANAGING STRESS AND ANXIETY

Staying hydrated and maintaining a balanced diet can influence pain levels. Dehydration can worsen muscle cramps and headaches, while certain foods have anti-inflammatory properties that can help manage pain. Incorporating foods rich in omega-3 fatty acids, antioxidants, and vitamins can support overall health and reduce pain.

A balanced, nutrient-rich diet can play a crucial role in managing stress and anxiety. Certain foods and dietary patterns can help reduce symptoms by influencing brain chemistry, hormone levels, and overall health. Here are key components and specific foods that are beneficial for reducing stress and anxiety:

Key Components of an Anti-Stress and Anti-Anxiety Diet

1. **Complex Carbohydrates:**
    - **Role:** Increase serotonin production, which has a calming effect on the brain.
    - **Sources:** Whole grains (oats, quinoa, brown rice), sweet potatoes, and legumes.
2. **Lean Proteins:**
    - **Role:** Provide amino acids that are essential for neurotransmitter production, including serotonin and dopamine.
    - **Sources:** Chicken, turkey, fish, eggs, tofu, and legumes.
3. **Healthy Fats:**
    - **Role:** Essential for brain health and reducing inflammation.
    - **Sources:** Avocados, nuts (almonds, walnuts), seeds (chia, flax), olive oil, and fatty fish (salmon, mackerel).
4. **Vitamins and Minerals:**

- **Vitamin B Complex:** Crucial for energy production and brain function. Found in whole grains, eggs, and leafy greens.
- **Magnesium:** Helps relax muscles and reduce stress. Found in leafy greens, nuts, seeds, and whole grains.
- **Vitamin D:** Supports mood regulation. Sourced from sunlight, fatty fish, and fortified dairy products.
- **Omega-3 Fatty Acids:** Reduce inflammation and support brain health. Found in fatty fish, flaxseeds, and walnuts.

5. **Antioxidants:**
   - **Role:** Combat oxidative stress and inflammation in the body.
   - **Sources:** Fruits (berries, oranges), vegetables (spinach, kale), nuts, and green tea.
6. **Hydration:**
   - **Role:** Adequate water intake is essential for overall health and mental clarity.
   - **Sources:** Water, herbal teas, and water-rich fruits and vegetables (cucumbers, watermelon).

Specific Foods to Include

1. **Fatty Fish:**
   - **Examples:** Salmon, mackerel, sardines.
   - **Benefits:** Rich in omega-3 fatty acids, which reduce inflammation and support brain health.
2. **Nuts and Seeds:**
   - **Examples:** Almonds, walnuts, chia seeds, flaxseeds.
   - **Benefits:** Provide healthy fats, magnesium, and antioxidants.
3. **Leafy Greens:**
   - **Examples:** Spinach, kale, Swiss chard.
   - **Benefits:** High in magnesium and B vitamins, which help reduce stress and improve mood.
4. **Berries:**
   - **Examples:** Blueberries, strawberries, raspberries.
   - **Benefits:** High in antioxidants, which combat oxidative stress.
5. **Fermented Foods:**
   - **Examples:** Yogurt, kefir, kimchi, sauerkraut.
   - **Benefits:** Promote gut health, which is linked to improved mood and reduced anxiety.
6. **Whole Grains:**
   - **Examples:** Oats, quinoa, brown rice.
   - **Benefits:** Provide complex carbohydrates that increase serotonin production.
7. **Avocados:**
   - **Benefits:** Rich in healthy fats, B vitamins, and potassium, which help regulate stress hormones.

8. **Dark Chocolate:**
    - **Benefits:** Contains antioxidants and can help reduce stress by lowering levels of cortisol, the stress hormone.
9. **Chamomile Tea:**
    - **Benefits:** Known for its calming effects and ability to improve sleep quality.
10. **Turmeric:**
    - **Benefits:** Contains curcumin, which has anti-inflammatory and antioxidant properties that can improve mood.

Dietary Patterns for Reducing Stress and Anxiety

1. **Mediterranean Diet:**
    - **Focus:** Emphasizes whole grains, lean proteins, healthy fats, fruits, and vegetables.
    - **Benefits:** Associated with lower levels of anxiety and depression due to its nutrient-rich profile.
2. **Anti-Inflammatory Diet:**
    - **Focus:** Includes foods that reduce inflammation, such as fatty fish, leafy greens, berries, and nuts.
    - **Benefits:** Reducing inflammation can help improve mental health and reduce symptoms of stress and anxiety.
3. **Plant-Based Diet:**
    - **Focus:** Emphasizes fruits, vegetables, whole grains, nuts, and seeds.
    - **Benefits:** Provides a high intake of vitamins, minerals, and antioxidants that support brain health and reduce stress.

Foods to Avoid

1. **Caffeine:**
    - **Reason:** Can increase anxiety and interfere with sleep.
    - **Sources:** Coffee, energy drinks, and certain teas.
2. **Sugar:**
    - **Reason:** Can cause blood sugar spikes and crashes, leading to mood swings and increased anxiety.
    - **Sources:** Sugary snacks, sodas, and processed foods.
3. **Processed Foods:**
    - **Reason:** Often high in unhealthy fats, sugar, and additives that can negatively impact mental health.
    - **Sources:** Fast food, packaged snacks, and ready-to-eat meals.
4. **Alcohol:**
    - **Reason:** Can interfere with sleep and increase symptoms of anxiety and depression.
    - **Sources:** Beer, wine, spirits.

A balanced diet rich in complex carbohydrates, lean proteins, healthy fats, vitamins, minerals, and antioxidants can significantly help manage stress and anxiety. Incorporating foods like fatty fish, nuts, seeds, leafy greens, berries, and fermented foods while avoiding caffeine, sugar, processed foods, and alcohol can enhance mental health and overall well-being. Adopting dietary patterns such as the Mediterranean diet, anti-inflammatory diet, or a plant-based diet can provide a sustainable and effective approach to reducing stress and anxiety.

GETTING ENOUGH SLEEP

Poor sleep can exacerbate anxiety and stress and make it harder to deal with life's ups and downs. This emotional distress can then make it harder to sleep, creating a vicious cycle of worry and insomnia. Establishing good sleep hygiene practices, such as maintaining a consistent sleep schedule, creating a restful environment, and avoiding caffeine and electronics before bedtime, can help improve sleep quality and, consequently, increase healing and reduce pain.

RELAZATION TECHNIQUES

Many of these cross over in the sections on breathing and mindfulness, but learning how to relax and take time out for ourself can help with feelings of peacefulness and getting back into balance. These can simply include yoga, tai chi, progressive muscle relaxation, going for walks, reading, resting, pottering in the garden and grounding our energy, and so much more.

HERBAL AND NATURAL REMEDIES

Certain herbs, essential oils and natural remedies have stress=relieving properties. For example, lavender, chamomile and many others have been used for thousands of years to affect moods.

I've used essential oils for more than 40 years, but only on the last 10 years or so as they have become more well known for their therapeutic properties, have people taken a greater interest in them as a way to manage things like pain, sleep and moods.

Essential oils are derived from herbs, trees, flowers and other plants, and if you buy from a reputable company with no pesticides or genetically modified ingredients, they will be purer and more potent, so you'll need less, and they will be more effective. Doterra have blends such as their Mood Management Kit and Emotional Aromatherapy Kits which are very good at taking the edge off your stress.

SOCIAL SUPPORT

Having a strong social support system in place can help you feel validated and valued, which can help build resilience when we are facing challenges

DISTRACTION TECHNIQUES

Engaging in activities that distract the mind can help reduce the focus on stress and anxiety. Hobbies, socialising, listening to music, or watching movies can provide mental engagement that takes focus away from pain. This approach leverages the brain's ability to shift attention and reduce the intensity of pain signals. Interestingly Hypnosis can also have a similar effect.

MIND-BODY TECHNIQUES

This is my area of expertise! I have worked in this field for many years and love how we can create rapid healing and changes in perception as well as behaviours and responses to life

Other techniques have also been mentioned such as meditation, deep breathing exercises, and mindfulness but we can also use massage, acupuncture and lots of other techniques that incorporate both the mind and the body. Mindfulness meditation, for instance, encourages awareness and acceptance of the present moment, which can help change the perception of emotional trauma and reduce its intensity.

Incorporating mind-body and energy techniques (such as some of those mentioned below) can open up a whole new area of treatment, and this is the main subject of our workshop.

REIKI AND ENERGY MEDICINE TECHNIQUES

Reiki, Touch For Health Kinesiology, EFT, Kinetic Shift and other energy medicine techniques are fast becoming accepted as a very effective tool for reducing or eliminating blocked energy in the aura, the chakras, the meridians, and every cell and organ in the body. Blocked or stagnant energy can cause mental and emotional disturbances, pain, illness and disease. These techniques work with the body's electromagnetic energy field to clear away blocked energy and promote a state of balance, which will often the speed up the body's healing response mentally, physically, emotionally and spiritually. Energy medicine techniques have a similar effect as acupuncture without the needles.

Below are instructions to use EFT in our Demonstration today.

EFT- EMOTIONAL FREEDOM TECHNIQUE DEMONSTRATION

What is EFT?

Emotional Freedom Techniques (EFT), also known as tapping, is a form of psychological acupressure that combines elements of cognitive therapy and exposure therapy with acupressure. EFT involves tapping on specific meridian points on the body while focusing on a particular issue or stressor. This technique can help reduce symptoms of stress, anxiety, panic, and PTSD by balancing the body's energy system.

Steps for EFT

Step 1: Identify the Issue

- Identify a specific issue causing stress, anxiety, panic, or PTSD. It could be a general feeling of anxiety or a specific stressful event.
- Rate the intensity of this issue on a scale from 0 to 10, where 0 is no distress and 10 is the highest level of distress.

Step 2: Set Up Statement

- The setup statement involves acknowledging the issue and accepting oneself despite it.
- Example: "Even though I have this [specific issue], I deeply and completely accept myself."
- Create a personal setup statement based on the identified issue.

Step 3: Tapping Sequence

- Tap on the following meridian points while repeating a reminder phrase that captures the essence of the issue (e.g., "this anxiety"):
    1. **Karate Chop Point:** On the side of the hand, below the pinky finger.
    2. **Eyebrow:** At the beginning of the eyebrow, just above the nose.
    3. **Side of Eye:** On the bone at the outside corner of the eye.
    4. **Under Eye:** On the bone directly under the eye.
    5. **Under Nose:** Between the nose and upper lip.
    6. **Chin:** Midway between the bottom of the lower lip and the chin.
    7. **Collarbone:** Just below the collarbone, about an inch down and to the sides.
    8. **Under Arm:** About four inches below the armpit.
    9. **Top of Head:** Directly on the top of the head.

Step 4: Demonstration of the Tapping Sequence

1. **Setup (Karate Chop Point):**
    - Tap the karate chop point with the fingers of the opposite hand while repeating the setup statement three times:
        - "Even though I have this [specific issue], I deeply and completely accept myself."
2. **Tapping Sequence (All Points):**
    - Tap each point about 5-7 times while repeating a reminder phrase, such as "this anxiety," at each point:
        1. Eyebrow: "This anxiety…"
        2. Side of Eye: "This anxiety…"
        3. Under Eye: "This anxiety…"
        4. Under Nose: "This anxiety…"
        5. Chin: "This anxiety…"
        6. Collarbone: "This anxiety…"
        7. Under Arm: "This anxiety…"
        8. Top of Head: "This anxiety…"

Step 5: Re-evaluate the Intensity

- Take a deep breath and re-rate the intensity of the issue on a scale from 0 to 10.
- If the intensity has not reduced significantly, repeat the tapping sequence with a modified setup statement if needed (e.g., "Even though I still have some of this anxiety, I deeply and completely accept myself.").

Demonstration

Today, we are going to learn a simple yet powerful technique called Emotional Freedom Techniques, or EFT, to help manage stress, anxiety, panic, and PTSD. EFT combines elements of cognitive therapy and acupressure by tapping on specific meridian points on your body while focusing on an issue. Let's begin:

1. **Identify the Issue:**
    - Think of a specific issue that is causing you stress, anxiety, or panic. It could be a general feeling of anxiety or a specific stressful event.
    - Rate the intensity of this issue on a scale from 0 to 10.
2. **Setup Statement:**
    - We will use a setup statement that acknowledges the issue and accepts ourselves despite it. For example, 'Even though I have this anxiety, I deeply and completely accept myself.'
    - Take a moment to create your own setup statement based on your issue.

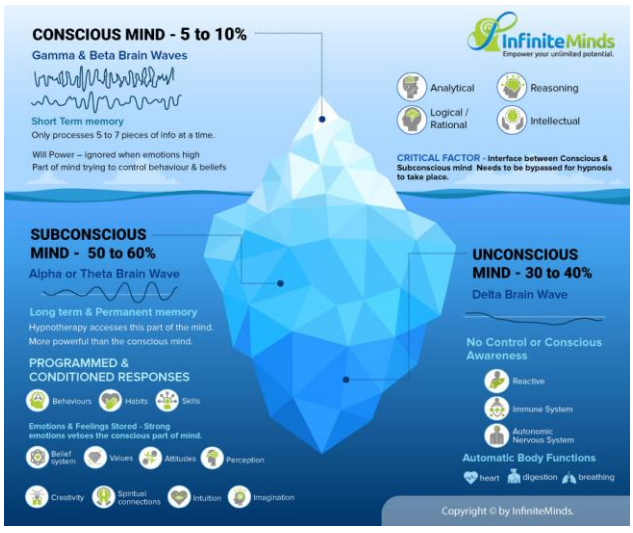
3. **Tapping Sequence:**
    - I will demonstrate the tapping points and sequence. Please follow along with me.
    - First, we start with the Karate Chop point on the side of your hand. Tap this point while repeating your setup statement three times: 'Even though I have this anxiety, I deeply and completely accept myself.'
    - Now, we will move through the tapping points, starting with the eyebrow point. Tap each point 5-7 times while repeating a reminder phrase, like 'this anxiety.'
4. **Tapping Points:**
    - Eyebrow: 'This anxiety…'
    - Side of Eye: 'This anxiety…'
    - Under Eye: 'This anxiety…'
    - Under Nose: 'This anxiety…'
    - Chin: 'This anxiety…'
    - Collarbone: 'This anxiety…'
    - Under Arm: 'This anxiety…'
    - Top of Head: 'This anxiety…'
5. **Re-evaluate the Intensity:**
    - Take a deep breath and re-rate the intensity of your issue on a scale from 0 to 10.
    - If the intensity has not reduced significantly, we can repeat the sequence with a modified setup statement.

Let's go through the tapping sequence together now. Follow along with me and remember to tap gently but firmly."

EFT is a useful tool for managing stress, anxiety, panic attacks, and PTSD. By regularly practicing this technique, you can reduce symptoms and enhance your overall well-being. Incorporate EFT into your daily routine for the best results.

HYPNOTHERAPY AND OTHER THERAPIES

Hypnotherapy, Psychotherapy and Cognitive Behaviour Therapies and some other forms of therapy can help address chronic anxiety and stress, alleviate anxiety, stop panic attacks and PTSD in their tracks and in most cases help with depression. Although I think that Hypnotherapy and Energy Medicine are actually the fastest and most effective treatments, I have put this section at the end so we can do some practical work together in our workshop.



What is Hypnotherapy?

Definition: Hypnotherapy is a form of guided therapy that uses relaxation, intense concentration, and focused attention to achieve a heightened state of awareness, often referred to as a trance. During this state, the individual can focus deeply on specific thoughts, feelings, or goals with the guidance of a trained hypnotherapist.

Process:

- **Induction:** The hypnotherapist guides the individual into a state of deep relaxation and focused attention.
- **Deepening:** Techniques are used to deepen the trance state.
- **Therapeutic Suggestions:** The hypnotherapist offers positive suggestions, guided imagery, or explores underlying issues.
- **Awakening:** The individual is gradually brought back to a state of normal awareness.

How Hypnotherapy Helps Alleviate Stress, Anxiety, Panic, and PTSD

1. **Deep Relaxation:**
    - **Reduced Physiological Arousal:** Hypnotherapy induces a state of deep relaxation, which helps to lower heart rate, blood pressure, and levels of stress hormones.
    - **Calm Nervous System:** By engaging the parasympathetic nervous system, it promotes a state of calm and reduces the body's fight-or-flight response.
2. **Accessing the Subconscious Mind:**
    - **Reframe Negative Thoughts:** Hypnotherapy can help individuals access and reframe negative thought patterns that contribute to stress and anxiety.
    - **Process Traumatic Memories:** For those with PTSD, hypnotherapy can facilitate the safe processing of traumatic memories, reducing their emotional impact.
3. **Enhanced Coping Mechanisms:**
    - **Positive Suggestions:** During hypnotherapy, positive affirmations and coping strategies are reinforced, helping individuals build resilience against stress and anxiety.
    - **Behavioural Changes:** Hypnotherapy can help break negative habits and establish healthier behaviours that contribute to overall well-being.
4. **Improving Sleep:**
    - **Addressing Insomnia:** Hypnotherapy can be effective in treating sleep disturbances, which are common in individuals with stress, anxiety, and PTSD.
    - **Promoting Restorative Sleep:** Better sleep quality enhances the body's ability to cope with stress.
5. **Reducing Panic Attacks:**
    - **Calming Techniques:** Hypnotherapy can teach techniques to manage and reduce the frequency and intensity of panic attacks.

- **Trigger Management:** It helps identify and address the triggers of panic attacks, providing tools to manage them effectively.

6. **Building Self-Esteem and Confidence:**
   - **Positive Self-Image:** Hypnotherapy can boost self-esteem and self-confidence, which are often undermined by chronic stress and anxiety.
   - **Empowerment:** Feeling more in control and empowered can reduce overall anxiety levels.

Applications of Hypnotherapy for Specific Conditions

1. **Stress:**
   - **Relaxation Techniques:** Teaching deep relaxation methods to manage daily stress.
   - **Stress Management:** Reinforcing positive ways to handle stressors, promoting a more balanced lifestyle.
2. **Anxiety:**
   - **Alleviating Generalized Anxiety:** Helping individuals understand and manage the underlying causes of anxiety.
   - **Social Anxiety:** Building confidence and reducing fear associated with social interactions.
3. **Panic Attacks:**
   - **Immediate Relief:** Techniques to quickly calm the body and mind during a panic attack.
   - **Long-Term Management:** Identifying and altering thought patterns that lead to panic attacks.
4. **PTSD:**
   - **Trauma Processing:** Safely revisiting and processing traumatic memories to reduce their emotional impact.
   - **Symptom Management:** Reducing hypervigilance, flashbacks, and other PTSD symptoms through guided therapeutic techniques.

Effectiveness of Hypnotherapy

Research Evidence:

- **Anxiety and Phobias:** Studies have shown that hypnotherapy can significantly reduce symptoms of anxiety and phobias.
- **PTSD:** Research indicates that hypnotherapy can be effective in reducing PTSD symptoms, especially when combined with other therapeutic approaches.
- **Stress Reduction:** Hypnotherapy has been found to be effective in reducing perceived stress and improving overall quality of life.

Complementary Approach:

- Hypnotherapy is often used in conjunction with other treatments such as cognitive-behavioural therapy (CBT), medication, and lifestyle changes for a holistic approach to mental health.

Hypnotherapy is a powerful therapeutic tool that can help alleviate stress, anxiety, panic attacks, and PTSD by inducing deep relaxation, accessing and reframing negative thought patterns, enhancing coping mechanisms, improving sleep, and building self-esteem and confidence. Its effectiveness in addressing these conditions makes it a valuable addition to a comprehensive mental health treatment plan.

Let's do a Demonstration!

Combining techniques to reduce stress!

Managing emotions effectively often requires a combination of approaches. Don't just reach for a pill. Integrating these simple, non-invasive techniques into daily routines can significantly reduce pain and improve overall well-being. As always, it is essential to consult with healthcare professionals to develop a comprehensive pain management plan tailored to individual needs and medical conditions, but keep an open mind to trying some of these safer options first.

The way I look at pain and disease may be different to your view, but please keep an open mind. When we have emotional issues in our life and are unable to deal with them, it can cause a block in the flow of our energy field or aura. If we are unable to deal with them, these blockages can move into the body and present as blocks in our chakras or meridians so we then get out of balance and harmony. This can cause more mental/emotional issues, and move on to cause physical symptoms such as pain, illness or disease.

So we can approach this issue from several different angles!

1. Work with mind techniques such as Hypnotherapy, NLP, meditation, CBT, counselling etc., that can work in the conscious and subconscious parts mind to clear emotional trauma and effect change in thought and behaviour. This can then clear energy blockages, which can then clear plysical blockages, resulting in a speeding up of the healing process.
2. Work with Energy medicine techniques such as Reiki, TFH Kinesiology, etc., to clear the energetic blockages first, which can then clear the mental, emotional and physical blocks, reduce stress, promote feeling of wellbeing, reduce swelling and

inflammation, boost the immune system, reduce adrenaline and cortisol, speed up the healing process, shift perceptions and reduce pain.

3. Work with the physical body using things like deep breathing, exercise, stretching, yoga, tai chi, chi kung, acupuncture, massage, Bowen, and other techniques which will then stimulate the energy flow on the body, improve flexibility, increase endorphins and help to alleviate mental and emotional issues as well.

Please note that many of these techniques cross over and incorporate the other systems of healing as well, to have a holistic effect on the body-mind system.

Although I hadn't intended to go into it in as much detail I have included a lot of information as a reference for you to go back and read through at your own time, so we will only skim over the surface in our Mini-Blitz Workshop, however you will now have this Workbook to assist you further in the future.

THANK YOU

Thank you so much for attending today's mini-workshop, which was designed to open your mind to new possibilities. My purpose in life is to help as many people as I can to have a better quality of life.

As we've seen today, hypnotherapy and these other techniques can be a powerful tool for creating positive change in our lives. Whether you're looking to overcome a specific challenge or simply want to enhance your overall well-being, hypnotherapy offers a personalized approach that can be tailored to your unique needs.

Imagine what it could be like to feel more relaxed, more focused, and more in control of your life. For those of you who are ready to take the next step, I have a couple of special offers available exclusively for workshop participants.

You can book an individual hypnotherapy or integrative wellness session, designed to address your specific goals and help you achieve lasting results. Or, for those looking to delve deeper and experience even greater benefits, we have a special 3-session or 6-session packs that offers a comprehensive approach to your well-being.

For the next 48 hours, we're offering a 10% discount on these sessions as a thank you for attending and engaging with us.

Feel free to come up and chat with me afterwards if you have any questions or if you'd like to schedule your first session. Thank you all for being here today, and I look forward to

supporting you on your path to greater health and happiness.

Our mini-blitz was just a small sample of what we can do together. If you're ready to clear away the triggers and make some serious change, book in for your free 30 minute health assessment or make an appointment to begin your journey as we clear away mental, physical, emotional and energic blockages and move you towards a life of comfort and less pain. Start your journey today at carolmacrae.com.

Let's do great things together!

Carol Macrae

Carol Macrae

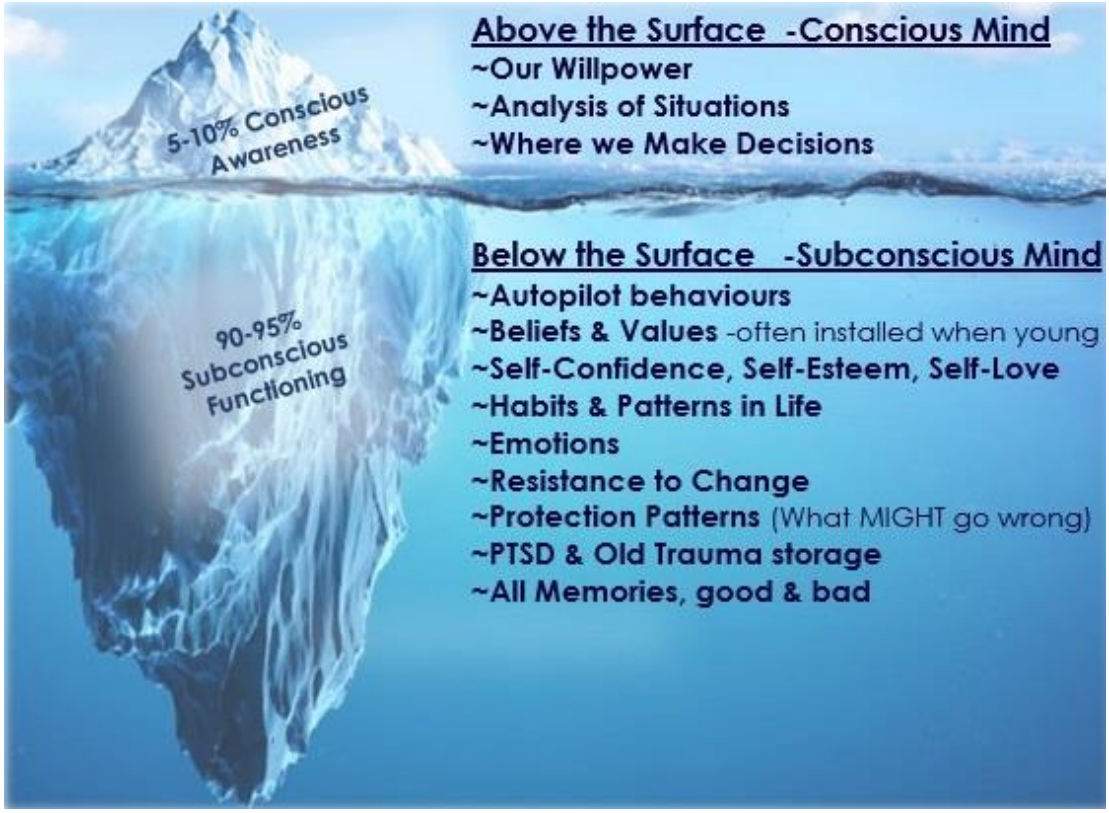
Clinical & 5-PATH Hypnotherapist

Reiki Master & Teacher / Chair Reiki Australia

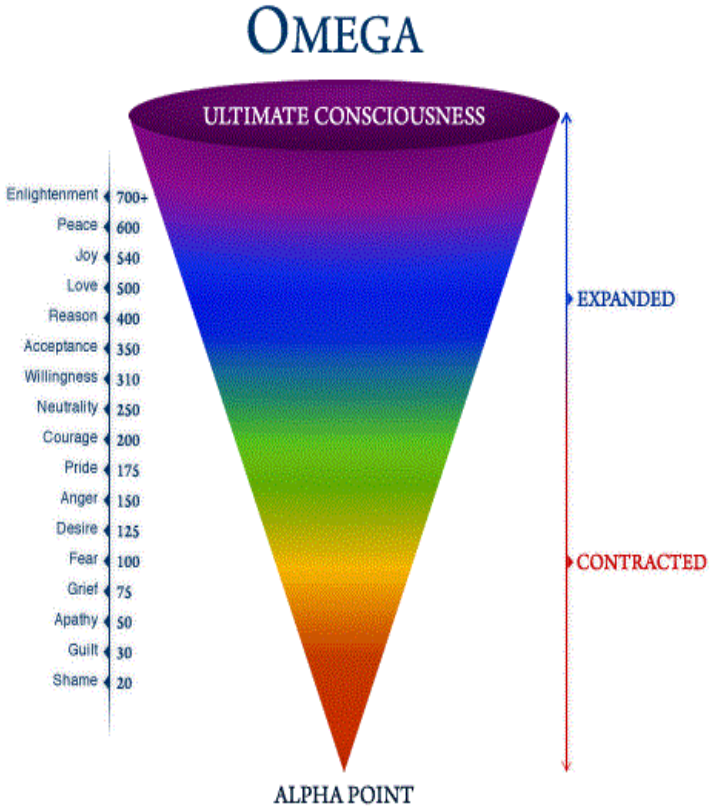
Energy Medicine Specialist

ADDITIONAL LINKS

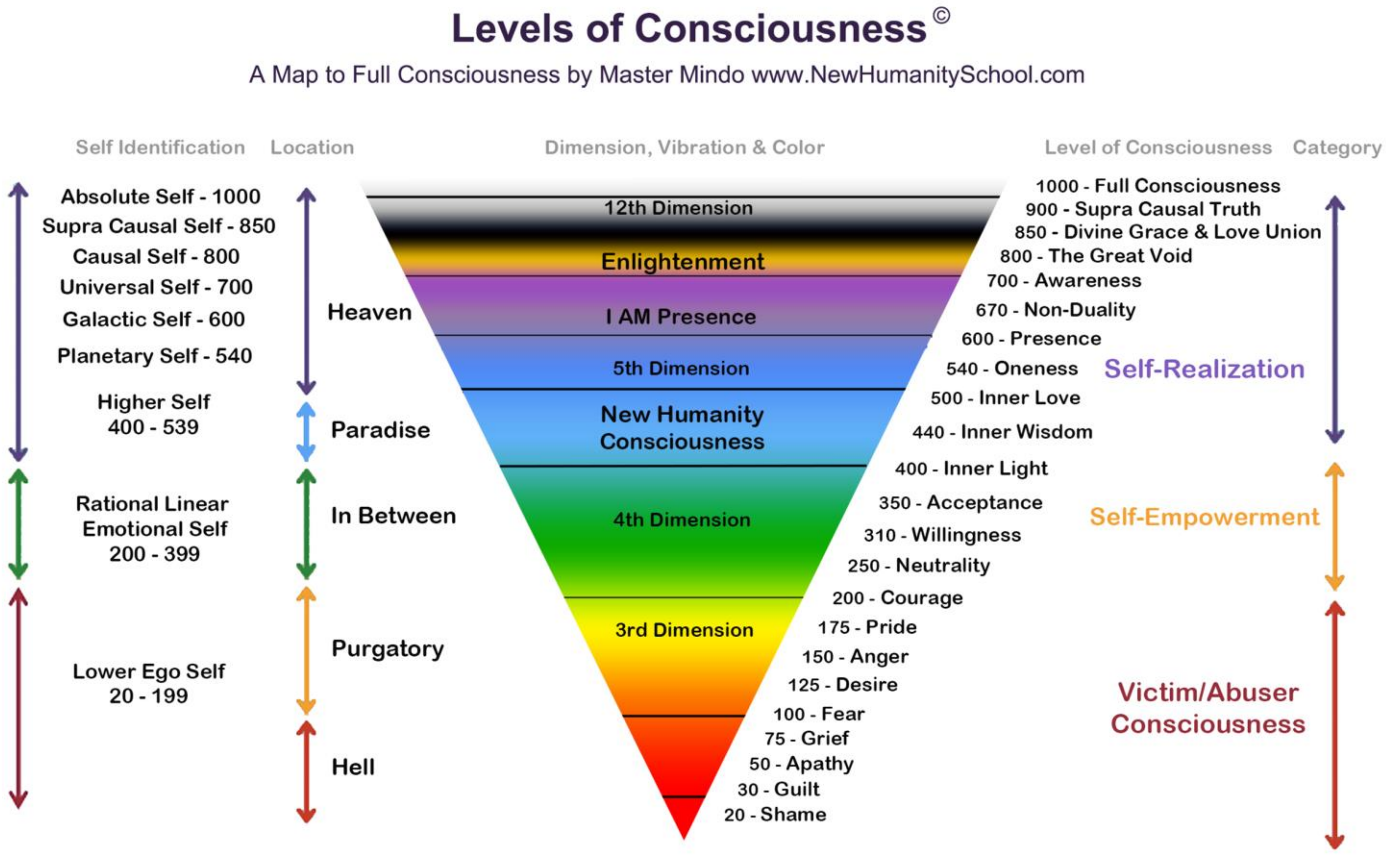
1. Mini-Blitz Workshop for Pain: https://youtu.be/kC1iVGLUAb8
2. Heal Your Body Booklet: https://carolmacrae.com/wp-content/uploads/2022/08/louise-hay-heal-your-body.pdf
3. My Healing Support Web Page with more information Videos and MP3s: https://carolmacrae.com/healing-support/



	Level	Scale (Log of)	Emotion	Process	Life-View
POWER	Enlightenment	700-1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
FORCE	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable



The Scale of Consciousness- Dr David Hawkins from his book Power VS Force



Healthy Aura with Chakras

Figure 22-20: Patient's Aura After Healing

Aura of a Person with Disease

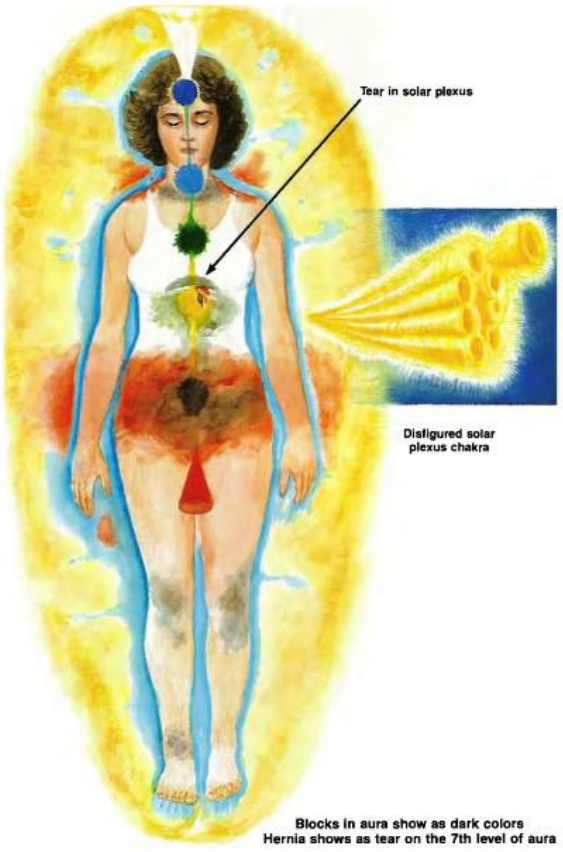
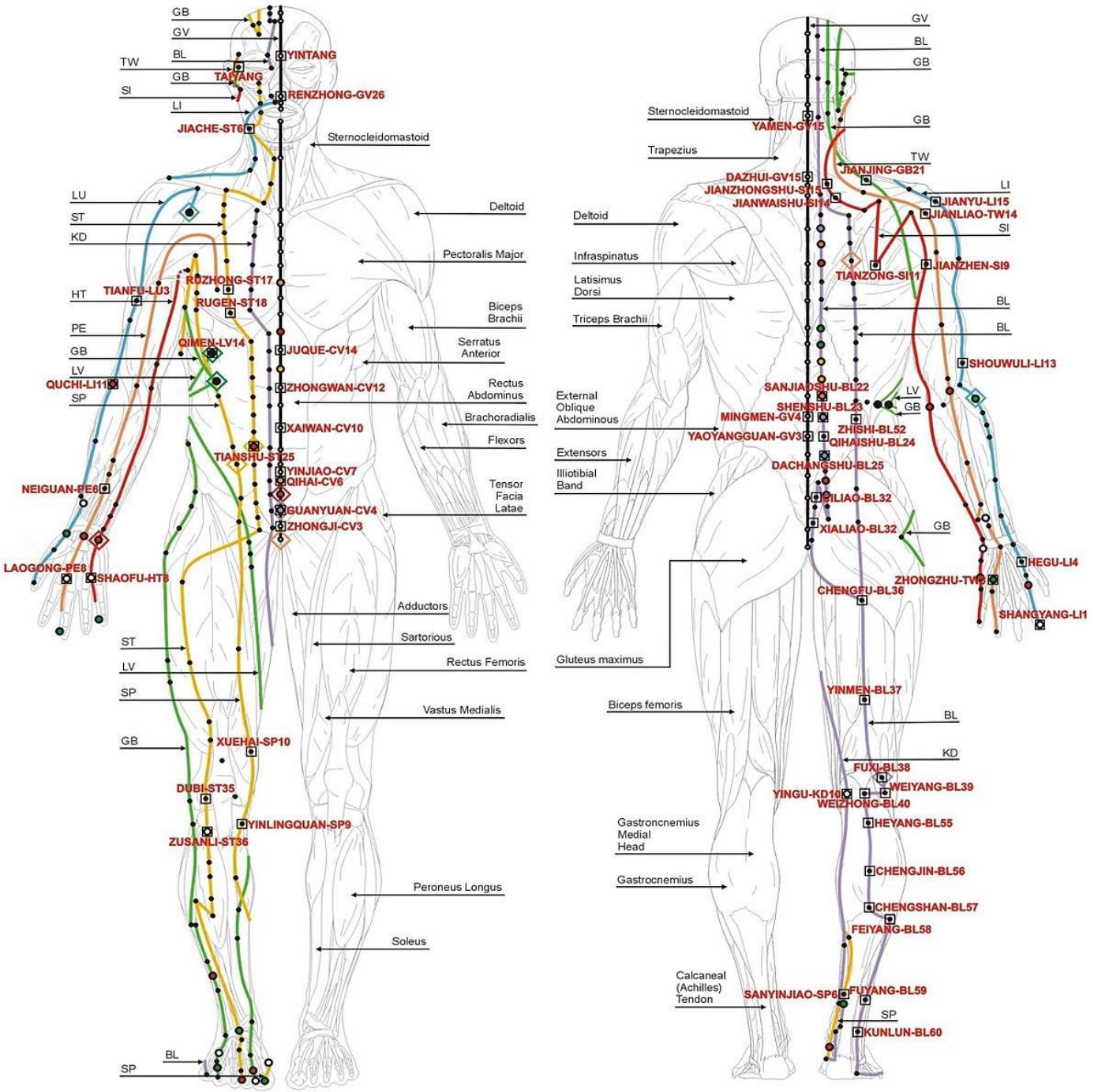


Figure 22-4: Patient's Aura Before Healing With Insert of Disfigured Solar Plexus Chakra

Human body meridians



ANTERIOR VIEW

LEFT - YIN SUPERFICIAL MERIDIANS
RIGHT - SUPERFICIAL MUSCULATURE

ARM YIN MERIDIANS & SHICHEN

LU - LUNG MERIDIAN 3 -5 AM
HT - HEART MERIDIAN 11 AM - 1 PM
LV - LIVER MERIDIAN 1 - 3 AM

LEG YIN MERIDIANS & SHICHEN

SP - SPLEEN MERIDIAN 9 - 11 AM
KD - KIDNEY MERIDIAN 5 -7 PM
PE - PERICARDIUM MERIDIAN 7 - 9 PM

CV - CONCEPTION VESSEL (CENTERLINE)

POSTERIOR VIEW

LEFT - SUPERFICIAL MUSCULATURE
RIGHT - YANG SUPERFICIAL MERIDIANS

ARM YANG MERIDIANS & SHICHEN

LI - LARGE INTESTINE MERIDIAN 5 - 7 AM
SI - SMALL INTESTINE 1 - 3 PM
TW - TRIPLE WARMER 9 - 11 PM

LEG YANG MERIDIANS & SHICHEN

ST - STOMACH MERIDIAN 7 - 9 AM
BL - BLADDER MERIDIAN 3 - 5 PM
GB - GALL BLADDER MERIDIAN 11 PM - 1 AM

GV - GOVERNING VESSEL (CENTERLINE)

LEGEND

WOOD PHASE MERIDIAN
1ST FIRE PHASE MERIDIAN
2ND FIRE PHASE MERIDIAN
EARTH PHASE MERIDIAN
METAL PHASE MERIDIAN
WATER PHASE MERIDIAN
PRIME VESSEL

STIMULATION ACUPRESSURE POINT
SEDATION ACUPRESSURE POINT
ELEMENTAL ACUPRESSURE POINT*
ALARM ACUPRESSURE POINT
YU (ASSOCIATED) ACUPRESSURE POINT
SUPERFICIAL ACUPRESSURE POINT
*SHICHEN MERIDIAN STRIKING POINT
SHICHEN ZANFU 12 HOUR VITAL STRIKING POINT

WRIST PULSE

LEFT	RIGHT
DEEP / SUPERFICIAL	DEEP / SUPERFICIAL
HT / LI	LU / LI
LV / GB	SP / ST
KD / BL	KD / PE - TW

GENERAL USE STRIKING POINTS

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