

## **ARTICLE: Self-Help – Things you can do**

As you become more aware and take more responsibility for your own recuperation you will begin to recognise your own healing path. You will begin to look forward and enjoy the recuperation process. Self help is an extremely powerful method of stress reduction. The realisation (often it's a revelation) by you that some Self Help may be required can really speed the recuperation processes. A few things that may help are:

### **Emotional Stress Release (ESR)**

When you are looking for a new idea or option, when you have a problem to solve, when you are feeling stressed, ESR can help. Sit (or lie) in a comfortable position and place one hand across the back of your head - this is the cerebella region of the brain, where your history is stored; this is how you have "done" the problem in the past. Place your other hand across your forehead - this is your "thinking" area; your imagination where you can come up with a new option, a solution to the problem. Hold the hands on your own head until you feel less stressed and anxious, until a feeling of calm begins to take over. You will find that you can think more clearly with less stress, and solutions will be more easily found.

### **Essences for Stress**

If you have a stressful event coming up, such as exams, interviews, deadlines, or whether the stress involves work, family, health or finance events, an essence may be just the support you need. Our clinic uses a number of different essences to suit your individual needs, including: Bach Flower Essences, Essences of Change, WA Living Essences, and Shell Essences.

These following essences are available from my clinic.

Rescue Remedy gives a sense of calm in the face of distress, shock, and anxiety. Assists the return to a more positive outlook when you need comfort and reassurance. It provides support at times of emotional demand, such as before a driving test, an interview, an exam, or a flight. Keep a bottle of this handy, in a purse or first aid kit, and have a few drops when you feel anxious, up tight, shocked or saddened.

Jet Lag Remedy (Shift workers assist) No more Jet Lag; arrive feeling energetic and great. Reset your time clock when travelling across time zones. Great for shift workers, sleeping and eating at "odd" times. Using Flower essences and Essences of Change, Jet Lag Remedy can be made especially to order for your individual needs.

### **Nurture yourself**

Pampering and nurturing, how often do you do this for yourself? This is nourishment for the soul. Find what it is that you enjoy doing by yourself, and for yourself. Something that makes you feel relaxed, content, peaceful. Perhaps a walk on the beach, a stroll through the bush, listening to music, or sitting in a spa bath with a wine and good book. We are often more ready to give of our time and energy to others than to ourselves. Make a gift of time to yourself. When we nurture self we are better able to nurture others.