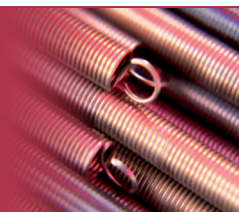


stress & worry



Emotional stress such as that caused by worry, grief or shock, major life-changes such as moving home or school and workplace stress can leave us drained and prone to illness. Homoeopathy can provide excellent support and when illness has become chronic, can help rebalance the mind and emotions.

Generally home prescribers are capable of choosing effective remedies to maintain physical and emotional health during difficult times. However we often find that people do not fully appreciate the levels of stress they are under and underestimate the toll on their health and quality of life. If you are struggling to choose effectively then treat yourself to a consult with a qualified homoeopath for support.

Exhausted by caring: The effects of prolonged periods of time spent caring for and addressing the needs and demands of babies, difficult children, the elderly or people with special needs can be profound. Not only do you suffer from the sheer exhaustion of sleep deprivation and the physical work involved, but you also have the difficulty of juggling the physical and emotional needs of other family members. It's no wonder that feelings of grief, guilt, anger and frustration can be overwhelming.

Useful remedies include: **Cocculus** when exhausted by worry and lack of sleep, nursing loved ones and getting up to sleepless children. There may be a dizzy, empty hollow feeling. Emotional stress, grief, guilt and mental strain with sighing and trembling suits **Ignatia**. **Kali Phos** is a tissue salt valuable for its tonic effect on the nervous system. Use it twice daily when under pressure. Consider **Nat mur** if you can't cry easily, want to be left alone and feel sad and resentful. **Pulsatilla** feels insecure, clingy, abandoned and unsupported whereas **Sepia** is fed up, worn down and indifferent. They are averse to consolation and just feel like running away.

Work Stress: If you feel worn down by overwork and worry consider the following. When overworked **Nux vomica** becomes stressed, critical and oversensitive with sleep problems and a craving for stimulants. The nerve tonic **Kali phos** supports the nervous system when overworked or worried. People in the workplace who are concerned about security, order and neatness are helped by **Arsenicum**. They tend to be restless and fidget and pace. Worry and overwork or overstudy can bring on headaches in **Silica** people with difficulty concentrating and a state of exhaustion, oversensitivity and dread.

Anxiety about Change & Coming Events: Times of change can be a huge stress for many people. People who experience



anticipatory anxiety and dread about public appearance, an interview or examination, or any new job or task often find **Gelsemium** to be a great help if there is fear, dread and trembling. **Kali phos** supports the nervous system and **Silica** suits quiet people who are capable but nervous and shy. Shy, clingy children who find it hard to separate from mum when starting preschool or school often do very well on **Pulsatilla**, if they are very anxious, fearful and fussy **Arsenicum** may be better. When the change includes grief and separation from friends or loved ones **Ignatia**.

Nutrients for the Nervous System

If you are under sustained emotional and physical stress, support and strengthen your nervous system with a good quality Vitamin B and mineral combination. A supplement that includes the herb Passiflora taken at night can soothe and rest the nervous system. Rather than coffee switch to a calming drink such as Vatta tea as it is soothing when feeling irritable, impatient and restless.

Further Factsheets of value include:

Emotional Ups & Downs and Sleep Disturbances.

