



Seascapes News

FEATURE - ANXIETY



Welcome to the December 2021 edition of Seascapes News – a monthly newsletter with information and tips about reflexology and how it might help you cope with a variety of conditions. This month will focus on anxiety:

Poetry Corner

In trouble to be troubled
Is to have your trouble doubled.
Daniel Defoe (1660-1731)



Research Roundup

Evaluation of anxiety, salivary cortisol and melatonin secretion following reflexology treatment: A pilot study of healthy individuals 'Reflexology reduced 'state' anxiety and cardiovascular activity within health individuals, consistent with stress-reduction. Considering the connection between stress/anxiety and wellbeing, the effects of reflexology may have beneficial outcomes.'

McVicar AJ, Greenwood CR, Fewell F, D'Arcy V, Chandrasekharan S, Alldridge LC, Complementary Therapies in Clinical Practice, 2007 Aug, 13 (3), pp. 137-45.

What is anxiety?

According to the NHS, anxiety is 'a feeling of unease, like a worry or fear, that can be mild or severe'.

Symptoms may include:

- *Increased heart rate*
- *Shaking or trembling*
- *Having trouble breathing*
- *Panic attacks*

Everyone has anxiety at times but some people feel anxious most or all of the time.

www.nhs.uk/every-mind-matters/mental-health=issues/anxiety, 2021

Mindful Moment

- Light a candle
- Turn out the lights
- Turn off other distractions (TV, radio, phone)
- Watch the flame flicker on the walls



Tips & Tricks

- Place your left thumb in the centre of the palm of the right hand and hold (this is the solar plexus and is found in the natural dip)
- Close your eyes
- Take 3 deep breaths in through your nose as you push in gently
- Ease off as you breathe out through your mouth
- Repeat with the left hand



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Look out for next month's Seascapes News (topic TBC).