

# SUSTAINABLE HEALTHCARE



*Self-help  
tips for  
stress  
and  
anxiety*

kind to your body and  
the environment





# Sustain your health with ALEXANDER TECHNIQUE



## What is Alexander Technique?

The Alexander Technique is a skill for life, taught by gentle hands-on contact and verbal guidance.

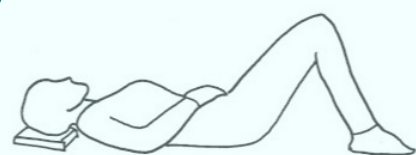
It helps to identify and prevent the harmful postural and behavioural habits that may be the cause of stress and pain.

It progressively reduces tension, improving your balance, co-ordination and ease of movement. It helps you to feel better in body and mind and people of all ages can benefit from learning it.

## Self-help tip #1

Lying down in Active Rest. This position gives the best support and rest for your back and is the perfect way to destress, refresh and feel energised.

- Find a quiet place where you will not be distracted
  - Allow your back to release as you lie down
  - Support your head with books 5-8 cm high
- Keep your knees bent and your soles flat on the ground
  - Allow the floor to take the full weight of your body
- Gently remind yourself to release unnecessary tension
- After 10-15 minutes slowly get up from the floor, now with greater awareness and less tension.



## Self-help tip #2

Most of us end up slumping with our heads craning forward on very tight necks during the day. Before starting any activity, e.g. sitting, working at your computer, stop and pause then use the following 'guiding thoughts' to undo these harmful habits. *'I allow my neck to soften so that my head can release upwards and my trunk can lengthen underneath my head.'* Thoughts are neurological information that we send to the body, so they work!



## Will I benefit?

The Alexander Technique helps millions of people across the world to naturally overcome back, neck and joint pain; muscle tension and stiffness; poor posture; breathing and vocal problems; stress and stress-related conditions.

People use the Technique to improve performance and prevent injury in music, drama and sport; enhance business and presentation skills; develop ease and elegance in movement; support pregnancy and childbirth; improve balance, stability and coordination; or simply because they want to change conditions that stop them enjoying a happy, healthy life.

## See a professional

If wish to learn the Alexander Technique for yourself, you can do so through one-to-one lessons with a STAT qualified teacher who will address your individual needs. Your teacher will guide you through simple movements and everyday activities such as sitting, standing, walking or bending, communicating through skilful hands-on guidance and verbal explanations. They will help you achieve your particular needs and goals.



For more information visit STAT at [www.alexandertechnique.co.uk](http://www.alexandertechnique.co.uk)



Sustain your health with

# AROMATHERAPY



## What is Aromatherapy?

Aromatherapy is a holistic therapy involved in the controlled use of nature's therapeutic plants to help various conditions of the mind, body and energy. From planet earth, our trees and flowers, fruits and herbs, grasses, roots and resins all contain incredible natural compounds that aid healing potential. Aromatherapy is an aromatic journey that awakens all the senses and connects us with nature. It is often combined with gentle massage which may calm the central nervous system and promote a feeling of wellness.

## Self-help tip #1

Feeling low? Uplift your senses by placing a drop of sweet orange essential oil onto a tissue and inhale. Place the tissue close to the heart and allow the body to warm the oil which will release the aroma. You will get wafts of this beautiful uplifting oil all day long! Repeat every day to assist your wellbeing.

Please never put essential oils undiluted on the skin. It is always a very good idea to consult with an aromatherapist when considering using essential oils.

## Self-help tip #2

Skin tonic. Hydrosols are a by-product of essential oils and are so gentle. They are also less expensive and very safe to use.

Peppermint hydrosol is cooling and refreshing on the skin. It can also awaken the mind and assist with feelings of agitation. Spray around the surface of your body to lift your spirits.

If you suffer from head tension, apply the hydrosol to a small cloth or flannel, and place it on the forehead. Close your eyes and try to relax.

## Will I benefit?

A qualified registered IFPA Aromatherapist treats every person individually, skilfully creating blends to suit your specific needs whether that is physical or psychological. When inhaled, essential oils enter the mind and pass into the bloodstream, travelling through the body trying to help it find balance.

Aromatherapy massage is gentle and relaxing which can leave you feeling calm and rejuvenated. Aromatherapy is the perfect solution for those wanting to include a holistic approach to their wellbeing.

## See a professional

Essential oils are volatile compounds and can be unsafe in untrained hands. IFPA registered Aromatherapists are qualified to safely combine blends of essential oils, carrier oils and hydrosols to holistically treat others. Your therapist will look at all levels of your well-being including physical, physiological and subtle energy. An Aromatherapist can help to calm, soothe and nurture the human mind and body. IFPA qualified Aromatherapists can treat anyone including children and the frail.



For more information about Aromatherapy visit <https://ifparoma.org/>



Sustain your health with

# CHINESE MEDICINE



## What is Chinese Medicine?

Chinese medicine is a complete system of medicine which has been studied, practised and developed in an unbroken timeline of over 3000 years. It incorporates Acupuncture, Chinese Herbal Medicine, Cupping, Qi Gong and Tuina Massage.

Chinese Medicine views health through an ecological lens, inseparable from our environment and relationships. It treats physical, emotional and mental health as one by addressing and reversing underlying causes of imbalance, deficiency or excess. Treatment is based on naturalistic theories tested over millennia.

## Self-help tip #1

An acupuncture point that is regularly used to calm stress is GV20. It is located right at the top of your head. Imagine a line going from the tip of your nose along the middle of your head to the back of your neck. Then imagine a line joining the highest points of both of your ears. Where the 2 lines meet is GV20. Try applying pressure to this point for 10 seconds (don't forget to keep breathing). If you are stressed it may feel particularly tender. This is a great point to centre and calm emotions.



## Self-help tip #2

If stress is making you feel exhausted then you may be suffering from Qi Stagnation. To improve your energy try massaging these two points with hard pressure for 10-15 seconds a few times a day. LI4 - The soft tissue area between thumb and index finger. LR3 - In between first and second Metatarsal bones where they meet in the middle of the foot. Both points should feel a little tender or ticklish.



## Will I benefit?

Chinese Medicine has treated billions of people with all manner of ailments and health concerns. It can also be used safely alongside other medical modalities in integrative treatment protocols.

Chinese Medicine is also very successful as a preventative medicine to help maintain health and improve sub-health conditions to avoid more chronic issues from developing.

A Chinese Medical consultation is non-invasive and simple. The practitioner will ask questions, feel your pulse and looking at your tongue.

## See a professional

Since Chinese Medicine is a complete system of medicine it is important to see a practitioner who is trained in the full scope of Chinese Medicine to get the best results. A well-trained practitioner should also have some training in Western Medicine too.

CMIR members are all trained in traditional Chinese Medicine diagnostic and treatment techniques and have some Western Medicine training.



**Chinese Medical  
Institute & Register**

in association with  
Beijing University of Chinese Medicine

For more information about Chinese Medicine visit <https://cmir.org.uk>



Sustain your health with

# HERBAL MEDICINE



## What is Herbal Medicine?

Herbal medicines are those with active ingredients made from plant parts, such as leaves, roots or flowers.

Herbal Medicine is characterised by a person-centred approach, where the patient rather than the disease is the focus of the practitioner. It is an approach directed at the causes, not just the presenting symptoms.

## Self-help tip #1

Anyone who suffers from hayfever will know how it doesn't just make you feel rotten, it can get you down too. Nettles contain a natural Antihistamine compound. Nettles are so easy to find, and are very good at reducing the symptoms of hay fever.

They can be taken as a tea, either on its own or with chamomile. There are lots of online recipes to try.

## Self-help tip #2

Rosemary is well known in the kitchen, but it can also be wonderful at focusing the mind now that Spring has encouraged us to dust off our 'To Do' lists!

Just add a few sprigs to your water bottle to keep you focused on a busy day, and help you do all the things you need to do.

## Will I benefit?

Herbal medicine is suitable for people of any age, including children. Each patient is treated as an individual, and a herbalist will always treat the whole person, exploring areas of your lifestyle such as diet, exercise and emotional well-being.

Whether you are using your garden, kitchen cupboard or a hedgerow to open up a whole new world of better health, or visiting a herbalist, herbs are effective, natural and sustainable.

## See a professional

Herbal consultations will always give you the time and space to properly explore how you are feeling.

This allows for a full assessment of you and your condition, focusing on the root cause of how you are feeling, rather than just treating and suppressing symptoms.

A fully qualified herbalist can be found through the National Institute of Medical Herbalists.



For more information about Herbal Medicine visit <https://nimh.org.uk>



Sustain your health with

# HOMEOPATHY



## What is Homeopathy?

Homeopathy is one of the most widely used forms of medicine in the world today. Millions of people are discovering the benefits of a system of medicine that is safe, effective, and treats them as unique individuals. It works on a principle known as 'the law of similars' or 'like cures like'.

Homeopathy promotes the body's natural ability to heal, and is a natural and sustainable healthcare option which is kind to your body and the environment.

## Self-help tip #1

Aconite is a homeopathic remedy often recommended for managing anxiety. The key indications are intense, sudden anxiety, panic, or restlessness, which may occur after a trauma. There may be associated sleeplessness too. Symptoms could include dry skin, dry mouth, trembling and fast heartbeat.

If your stress and anxiety is manifesting itself in this way, then Aconite could be worth trying.

## Self-help tip #2

Arsenicum Album is a homeopathic remedy that is often used to relieve anxiety and sleeplessness in someone who is worried about things like money or health. The kind of anxiety that indicates Arsenicum Album is exhausting, and may be longstanding or acute.

This remedy is recommended where the anxiety is accompanied by chest constriction, difficulty breathing and restlessness.

## Will I benefit?

Homeopathy is a complete, whole-person system of medicine used for mental, emotional and physical illness. Medicines are chosen to fit all the characteristics of the patient, and can be used effectively by everyone, from babies and children, to adults, including women during pregnancy.

When prescribed appropriately, they are safe, non-toxic and non-addictive. They can be taken alongside drugs prescribed by your doctor and will not interfere with their beneficial action.

## See a professional

Many people try homeopathy for the first time at home before seeking help from a professional homeopath. It is important that the homeopathic practitioner you choose is properly trained and registered. The Alliance of Registered Homeopaths (ARH) publishes a register of fully qualified homeopathic practitioners who are bound by the ARH Code of Ethics and Practice.

*Alliance of Registered*  
**HOMEOPATHS**

For more information about Homeopathy visit <https://www.a-r-h.org>



Sustain your health with

# HOMEOPATHY



## What is Homeopathy?

Homeopathy is a form of medicine that uses very small amounts of a substance to trigger a healing response in the body.

Homeopathy is the second largest system of medicine in the world, as recognised by the World Health Organisation (WHO).

Homeopathy is safe, effective and sustainable.

## Self-help tip #1

Try Passiflora co if your main symptom is sleeplessness, cause by anxiety. This remedy is designed to rest the mind, and allows relaxation to enable sleep.

As it does not cause drowsiness, it may be used in other situations where a calming remedy is required.

## Self-help tip #2

Gelsemium is a good option to try for apprehension where the particular symptoms are trembling and physical weakness on being exposed to an anxiety provoking event.

Anxiety that is making you feel incapable of doing anything and completely helpless is the main indication for this remedy.

## Will I benefit?

Millions of people who choose homeopathy report improvements to their health and wellbeing.

It is:

Safe - no side-effects, non-addictive.  
Gentle - for everyone, every age.  
Effective - treating all of you.  
Sustainable - as kind to the planet as it is to you.

## See a professional

Self-help Homeopathy is effective and helpful for many acute problems.

However, consulting one of our professional, registered Homeopaths will ensure that you are prescribed the best medicine for you, and one that matches your unique pattern of symptoms.

 **Society of Homeopaths**

For more information about Homeopathy visit <https://homeopathy-soh.org>



Sustain your health with

# KINESIOLOGY



## What is Kinesiology?

Kinesiology is a complementary therapy based on the theory that manual muscle testing can provide information about imbalances and stresses in the body.

A kinesiologist does not diagnose or treat, instead they work with the client to explore how to bring the body back into balance. This may involve massaging specific points, providing suggestions such as nutritional supplements, relaxation techniques, lifestyle changes, flower essences and more.

## Self-help tip #1

Emotional stress release - Need to get a new perspective on something? This technique can help release the stress we might hold around difficult situations.

Lightly rest the first two fingers of your hands halfway between your eyebrows and your hairline. Alternatively, place the palm of your hand flat on your forehead. Close your eyes and breathe for 1 – 3 minutes. How do you feel about that stressful situation now?



## Self-help tip #2

Cross crawl - This movement is made when we move the opposite arm and leg together as in walking or marching. This exercise can help to integrate left and right brain hemispheres to improve concentration, enhance learning, move lymph, reduce stress improve co-ordination, be better focused and energised. Three minutes of cross-crawl often relieves pain and tension in the body. It can be done to music, standing or sitting.



## Will I benefit?

Kinesiology is a relaxing, non-invasive therapy which encourages a sense of well-being.

As such, it may be helpful to those seeking relief from a range of symptoms and to ease emotional, physical or mental stress.

Kinesiology is not just for people who are feeling below par, it can help you perform better at work, in sport, and in other areas of your life.

## See a professional

Any qualified Kinesiology Federation member will tell you there is no such thing as a "typical" Kinesiology session. Each session depends on the client's needs at that time, and treating each client as a unique individual.

Kinesiology Federation members are able to help you achieve a sense of health and wellbeing using a range of techniques to best support your physical, emotional and mental health.



For more information about Kinesiology visit [www.kinesiologyfederation.co.uk](http://www.kinesiologyfederation.co.uk)



Sustain your health with

# REFLEXOLOGY



## What is Reflexology?

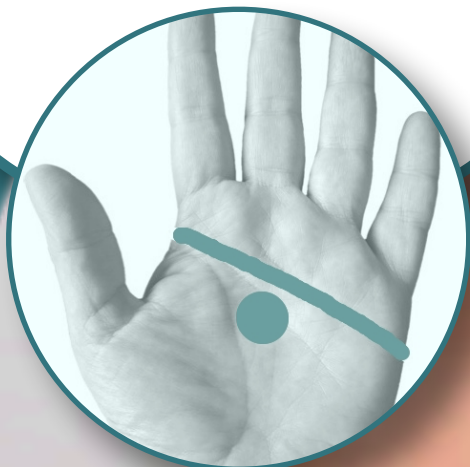
Reflexology is a non-intrusive complementary health therapy, based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body.

Reflexologists believe that working these points or areas aids relaxation and helps improve wellbeing. Reflexologists work holistically with their clients and aim to work alongside allopathic healthcare to promote better health for their clients.

## Self-help tip #1

Slowly work your thumb across this area of your hand, it's the area between the two lines in the skin on your palms. In reflexology theory this is representative of your diaphragm and can help relaxation and deep breathing. Place your alternate hand thumb firmly in the centre of your palm and gently press in and out. This point represents your solar plexus point and is good for calmness.

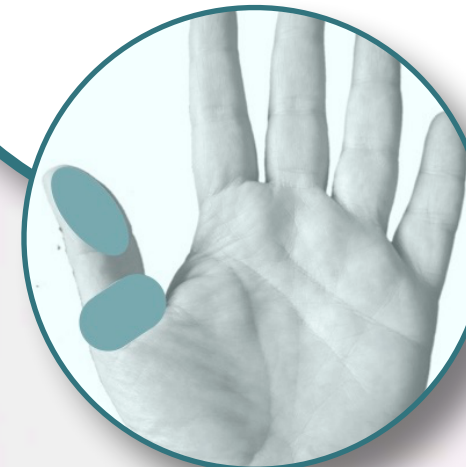
Repeat on both hands.



## Self-help tip #2

Rub around the base of your thumb and the top of the thumb, these two areas are representative of the neck and brain. The base of the thumb may feel uncomfortable especially if you have a tight neck muscles.

Rubbing here may help release tension. Rubbing the top of the thumb in reflexology theory rebalances the mind. Repeat on both hands.



## Will I benefit?

As holistic practitioners, reflexologists are there to support you as a whole person and promote your wellbeing.

After a treatment, people often feel very relaxed, may sleep better and notice a feeling of improved mood and general wellbeing.

You may find that other things improve too, but this happens on a very individual basis.

## See a professional

Self-administered reflexology will never be the same as having a relaxing treatment from a practitioner who knows just when and where to apply pressure. Results obtained from reflexologist provided reflexology will always be superior because it allows you to switch your mind off fully and give your body time to react to the stimuli being activated by the therapist's hands. Reflexology is not just 'pushing magic buttons'. It is a complex interplay of the skill of touch and the knowledge of the therapist.



For more information about Reflexology visit <https://www.aor.org.uk>



Sustain your health with

# REFLEXOLOGY



## What is Reflexology?

Reflexology is a form of complementary medicine that involves using massage to reflex areas found in the feet and the hands.

There are reflex areas on the feet and hands corresponding to all the parts of the body.

These areas are arranged in such a way as to form a map of the body in the feet/hands, with the right foot/hand corresponding to the right side of the body and the left foot/hand corresponding to the left.

## Self-help tip #1

The spinal reflex in Reflexology is associated with the nervous system, and also back pain.

Use your thumb on your left hand to work down, and then up the spinal reflex on your right hand. If you find a tender spot, press a little harder to relieve any tension.

Repeat on the other hand.



## Self-help tip #2

In times of stress and anxiety you can press the pituitary and adrenal reflexology points on your hand.

For the adrenal, gently squeeze at the base of the V between your thumb and first finger for 10 squeezes.

For the pituitary, press your thumb right in the centre of the swirl for 5 seconds.

Repeat on the other hand.



## Will I benefit?

Reflexology may be used alongside orthodox medicine, and may be particularly helpful with stress related symptoms.

Patients have reported benefit with such things as migraine, sinus problems, hormonal imbalances, breathing disorders, digestive problems, circulatory problems, back problems, tension and stress.

## See a professional

Self-help Reflexology can be helpful and effective, but many people prefer to see a professional Reflexologist.

A British Reflexology Association registered therapist can ensure that you gain the most beneficial experience from this relaxing therapy.



For more information about Reflexology visit <https://www.britreflex.co.uk/>



# Sustain your health with REIKI



## What is Reiki?

Reiki is a Japanese light touch therapy where the practitioner can bring balance and relaxation to the body, thereby restoring physical and emotional wellbeing.

Reiki is a safe, non-invasive therapy which can be received fully clothed, sitting or lying down on a massage table.

靈氣

## Self-help tip #1

Calming nerves or anxiety through self treatment can be really easy with reiki.

Place one hand over the heart and once across the back of the head for 15 mins to bring balance and harmony, breathing well and focussing on your breath.

This will really help your wellbeing.

## Self-help tip #2

Sore eyes or a headache from too much screen time?

Place your hands over your eyes, temples and back of your head for 5 mins in each position.

This can be done multiple times through the day.

## Will I benefit?

Reiki treatments can create many benefits including calmness, clarity, relaxation and feelings of wellbeing.

Reiki can be used in conjunction with all other medical or therapeutic treatments, with clients reporting benefits to their mental and physical health.

## See a professional

Self-treating is effective, and means that you can treat yourself anytime and anywhere.

However, receiving a treatment from a registered Reiki practitioner gives you the time and space to fully relax and allow your mind and body the opportunity to come into balance.



**UK REIKI  
FEDERATION**

For more information about Reiki visit <https://www.reikifed.co.uk>



# Sustain your health with SHIATSU



## What is Shiatsu?

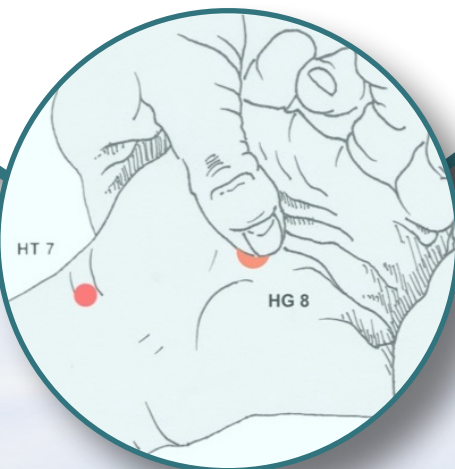
Shiatsu is a touch therapy originating in Japan which uses a combination of pressure points, palming and stretching to re-energise weak areas and reduce tension in the body.

You can receive Shiatsu on a futon, massage table or seated, and you remain fully clothed.

## Self-help tip #1

Press and hold the point HG8 in the centre of your palm, to help calm your nerves and anxiety.

HT7 on your wrist crease traditionally also calms emotions and aids sleep.



## Self-help tip #2

Place your fingertips 3 fingers' width below your navel in your belly and breathe deeply in and out to activate.

This helps you to ground and centre yourself.



## Will I benefit?

Shiatsu aims to support your holistic wellbeing.

Research into Shiatsu has shown that receivers feel "physically more mobile", "more energised", more balanced" or "more able to cope with things" \*

## See a professional

Self-help Shiatsu is effective and practical, but receiving a treatment from a SSUK registered practitioner means you can fully relax; your body-mind can react to the balancing effect of the practitioner's "listening hands", and you benefit from their 3+ years of training and experience.

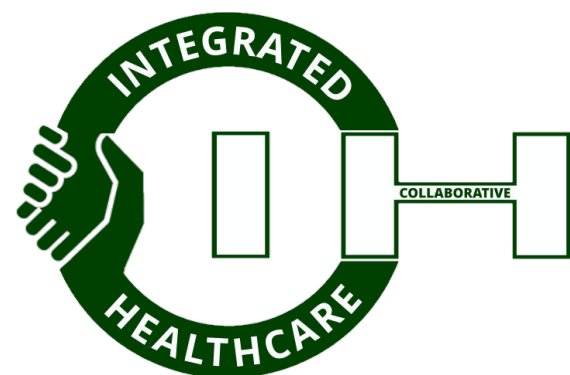


For more information about Shiatsu visit [www.shiatsusociety.org](http://www.shiatsusociety.org)





Produced by the Integrated Healthcare Collaborative  
in partnership with its member organisations



[www.theihc.org.uk](http://www.theihc.org.uk)

The Integrated Healthcare Collaborative (IHC) is a collection of the following 24 leading organisations representing complementary, traditional and natural healthcare.

