
Aromatherapy for Anxiety Relief

Contributed by Webmaster

By Evelyn Lim

Anxiety is a state of mind that focuses on negative thoughts and emotions. It may also come about because of a previous traumatic experience. Anxiety often happens when fear, nervousness, paranoia, and worry set in.

Many people who suffer from anxiety find it hard to enjoy themselves fully. Sometimes when anxiety becomes extreme, even performing normal day to day tasks become difficult to do. It has been found that nearly twice as many women as men suffer from anxiety, panic, and fear related conditions.

Associated negative emotions are also phobias and fears. Many people face normal fears throughout their lives and this is to be expected, it is when people develop unhealthy fears for things that are not logical, or have a completely exaggerated response to a fear is when the phobia begins to hinder normal life.

Although anxiety begins in the mind, it can affect the body as well. Some of the physical symptoms associated with anxiety are a result of the pressures of fear and panic. These symptoms may include shortness of breath, heart palpitations, and increased perspiration. The fear may also lead to a feeling of an upset stomach or nausea.

When someone perceives a threat, they experience what is known as the fight or flight response. This is a very natural response and is part of the instinct for human survival. However, when the body is put in a fearful state, the immune system becomes depressed. If a person faces an inability to cope especially in extreme cases of anxiety and stress, he or she is more liable to become ill.

It is important, therefore to relieve your anxiety and stress level wherever possible. Also, do not wait too long to address them as they will be easier to treat in the initial stages.

In less severe cases, you can consider using aromatherapy to help calm and soothe your nerves. Aromatherapy consists of a therapy that involves the use of concentrated essential oils. These oils can be massaged into the skin, inhaled or put into a bath. When inhaled or massaged, the theory suggests that the limbic system, (which is the part of the brain that stores and retrieves learnt memories and controls emotions and relaxes you) is triggered. By stimulating your body senses with pleasant fragrances, negative feelings and emotions will give way to peace and tranquility.

Hence, if you are feeling anxious, take an aromatic bath. By bathing in tranquil and nerve calming herbs, you can fight fear naturally and release tension and anxiety. The appropriate herbal oils should be used according to the emotions or negative feelings that you have and hoping to treat. You can add 10 drops of Chamomile to a hot bath for a relaxing anxiety-soothing bath. Soak for at least 20 minutes to achieve the full benefit.

You can also make wonderful massage oil with 6 drops Bergamot essential oil, 6 drops of Clary Sage, and 3 drops of Frankincense. Blend the essential oils with 1-ounce carrier oil, such as Sweet Almond or Jojoba for an incredible fear relieving massage.

However, if you are suffering from extreme anxiety, it is best to seek proper help. Psychiatrists may recommend a course of therapy along with prescribed medication to help ease the fears. Many of the medications however, often carry side

effects and must be taken according to their instructions.

On the contrary, aromatherapy for anxiety relief has little side effects. Nevertheless, be sure to consult with a qualified aromatherapist if you are pregnant or suffering from some major illness or disease. In most cases, however, aromatherapy can really do wonders for anxiety relief and can be easily administered at home. So if you have been feeling a little more worked up lately, try using aromatherapy for anxiety relief!

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