

Stress & Anxiety

Stress and anxiety are common experiences that many people encounter at different points in their lives.

“Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free.”

— Thich Nhat Hanh,



Approaches we offer

Mindfulness-Based Therapies: Techniques like mindfulness-based stress reduction (MBSR) or mindfulness-based cognitive therapy (MBCT) teach mindfulness practices to reduce anxiety.

- Breathing Exercises: Deep breathing exercises, such as diaphragmatic breathing or box breathing, can help calm the nervous system.
- Meditation and Mindfulness: Practices that focus on being present in the moment can reduce anxiety and stress.
- Sauna
- Hot Stone therapy
- Talk Therapy: Engaging in regular conversations provides a safe space to explore feelings and develop coping strategies.

1. Relaxation Techniques:

- Progressive Muscle Relaxation: A method where you systematically tense and relax muscle groups, reducing physical tension.
- Guided Imagery meditation Involves visualizing calming scenes or scenarios to promote relaxation.
- Natural Supplements

