

Top 5 Remedies to Manage Stress

IGNATIA

Ignatia Amara is a well indicated medicine for managing stress that stems from grief. The person needing this medicine has consistently sad thoughts, may weep bitterly and has a desire to be left alone. He/She may also sob and sigh frequently. A changeable mood where the person laughs and weeps in quick succession, an indifference to things the person loved in the past, discouragement, mental and physical exhaustion, and dullness of mind and difficulty in comprehension are some other symptoms that may be noted.

KALI PHOS

Kali Phos for stress is a top listed remedy used to manage stress that arises from overstraining of mind at the workplace or home. A constant state of cares and worries leading to stress is a guiding feature to use this medicine. It helps to relax the overstrained mind. People needing Kali Phos tend to remain sad, irritable, and restless and may be over-sensitive to noise and light. The person also tends to feel weak, fatigued, and exhausted from minimal exertion.

ACONITE

As a remedy for stress, Aconitum Napellus is used to manage acute stress that is intense and sudden anxiety, panic, or fear. Key notes include extreme anxiety with restlessness and hurriedness along with intense palpitations. Useful when dealing with shocking events. One to consider when dealing with PTSD.

STRESSCALM BY BOIRON

Boiron StressCalm provides an over-the-counter option to relieve occasional nervous tension, irritability, hypersensitivity, and fatigue due to everyday stress. This combination help reduce nervous tension, calming both the mind and body.

RESCUE REMEDY BY BACH®

Rescue Remedy® is blended from Bach® flower essences specifically chosen for times of difficulty, to help combat stress, and create a sense of calm and emotional wellbeing in your everyday life. This combination has been traditionally used to relieve symptoms of stress and mild anxiety, nervous tension, and calm nerves.