



Anxiety & Sleeplessness during lock-down

Homeopathic support and other tips

Table Of Contents

Anxiety	3
Homeopathic Remedies for Anxiety	4
Homeopathic Remedies for Sleeplessness	7
Where to find homeopathic remedies	11
Breathing: a powerful tool to tame anxiety	13
Epsom salts baths	14

Anxiety

Anxiety is a feeling of unease, worry or fear which, when persistent may impact on daily life.

Symptoms of anxiety include changes in thoughts and behaviour such as

- Restlessness
- A feeling of dread
- A feeling of being “on-edge”
- Difficulty concentrating
- Difficulty sleeping
- Irritability

It can also involve physical feelings such as:

- Nausea
- Racing heart
- Sweating
- Muscle tension
- Headaches
- Dry mouth
- Shortness of breath
- Dizziness
- Stomach discomfort

We are all living an extraordinarily challenging experience and at times like these it is a common response to feel anxious and worried, however there are safe measures that we can take to reduce the feelings of overwhelm and reduce the impact that anxiety has on our daily life. My aim is to share with you some homeopathic remedies and other tips that can help.

Homeopathic Remedies for Anxiety

As the weeks pass by and we are asked to stay at home for a longer period of time some of us may experience a great deal of anxiety about the current situation, about not being able to hug family and friends and not be able move freely, some of us may be filled fear and dread, we are all different and we are all going to live this situation differently.

Here homeopathy lends a hand, as there are many remedies and each one of them would be indicated for a different situation and a different person. In this ebook I am going to share with you a number of homeopathic medicines that can be very useful for the very strange times that we are living in.

To the untrained eye the remedies here below may all look the same but the more you read about remedies, the more you use, the easier it is to differentiate between them. Homeopathic remedies are safe and do not have side effects. You may discover a complete new way to look after your family as I did many years ago.

Aconitum Napellus: the first remedy to think of for anxiety

This was the first homeopathic remedy that I tried and in a few seconds it took me from a state of complete panic to a place of calm where palpitations stopped and I could start to think clearly. Aconitum is a major panic attack remedy and it is very useful when there is extreme restlessness of mind and body, a state of fear and anxiety, cold sweats and palpitation. The person needing aconite is fearing death and dying and fearing of being in public spaces something that a lot of people may feel these days.

Sadness, social isolation, and aversion to talking are the predominant symptoms, along with brooding about past events. There is also an aversion to speaking, and sudden mood changes may occur. Symptoms are usually worst at night.

Anxiety and sleeplessness during lockdown

Ignatia: anxiety and depression after loss, shock and bereavement

We are all witnessing a great deal of pain these days, so many lives ended before their time and frontline staff risking their lives everyday to save lives. Coming from Milan this has started to feel real a bit sooner and now many people I know have lost someone close, and even if they haven't the grief is in the air and the loss is not that of lost lives but the loss of the life we had, our day by day routine our friends and all we took for granted up to a few weeks ago. There are days when it all gets too much and for many of us it can bring up the need for Ignatia. The person needing Ignatia experiences emotional ups and downs and alternate moods. These are common reactions when people experience loss and shock: it all seems under control and manageable one minute, but the next minute we are feeling sad and overwhelmed with tears and so on. The person needing Ignatia is so up and down that it is difficult to be in their company they tend to be on the irrational side bottling things up, crying and sighing deeply. They can find it difficult to sleep and can feel as if something is stuck in their throat something that is known as *globus*.

Arsenicum Album: anxiety about health

One of the most important anxiety medicine for homeopaths and the first one we think about when the anxiety is linked to gastric symptoms such as loose stools or indigestion with a burning sensation. The person needing arsenicum may look anxious and drawn and tend to be fastidious, they worry about their health. Fear and restlessness is a prominent symptom, these days this can be seen as fear of hearing the news as they cause apprehension and dread. They can have an overwhelming feeling that everything will go wrong, and if unwell they despair of their recovery. These are people that are hard to reassure and usually feel worst after midnight and find it hard to sleep. Other common traits of a person that needs Arsenicum is a fear of germs and a fear of suffocation, there is a need to control what's happening around them..... there is a lot of need for Arsenicum these days.

Argentum Nitricum: anxiety from anticipation

This is a great medicine for what is known as anticipatory anxiety there are constant thoughts about events that are about to take place in the future. For example, a person may get anxious about the idea of going out for their weekly shopping and the idea of leaving the house feels them with dread, they are thinking constantly about this and this creates anxiety. Other symptoms common in a person needing Argentum Nitricum are impatience and a desire to do things in a hurry, they feel weak in the legs and experience tremors.

Anxiety and sleeplessness during lockdown

Gelsemium Sempervirens: anxiety after bad news

The symptoms of anxiety and fear experienced by the person needing Gelsemium Sempervirens can manifest after hearing bad news and they can lead to physical symptoms. The person needing Gelsemium experiences anxiety and nervousness along with exhaustion and drowsiness. They feel sad, melancholic, confused and irritable. Diarrhea is possibly associated to the symptoms already mentioned..

Calcarea Carbonica: anxiety and worry for others

Calcarea Carbonica is a remedy for anxiety with fear of some impending misfortune, the person develops an intense fear of something terrible that could happen. Anxiety can be worse at night and symptoms can include palpitations, restlessness, sweating and trembling. There usually is a lot of worry for other members of the family or friends, this is obviously highlighted by the lockdown situation where one can't be physically close to their dear ones or because of the feeling of impending danger to their health. The person needing Calcarea is usually a born worrier.

Phosphorus: anxiety about the future

Phosphorus is a remedy for fearfulness and/or anxiety about the future, the person needing phosphorus feels sad, restless, can be melancholic, indifferent, fatigued and apathetic yet extremely irritable. These traits tend to get worse in the evening, listening to the news

creates more anxiety and restlessness as the person needing phosphorus tend to be easily excitable and impressionable.



Kali Phos: mental anxiety with weakness

Kali Phos is for anxiety coupled with weakness and fatigue. The person needing Kali Phos experiences dread, fear, nervousness and anxiety. Slight noises tend to trigger anxiety, and the person may feel tired and fatigued all the time. An aversion to being alone, weariness from everyday life, negative thinking and excessive sensitiveness are other symptoms.

Homeopathic Remedies for Sleeplessness

You may notice that some of the remedies that we have already listed above for Anxiety are repeated here and the more you will read and know about homeopathy the more you will see that it is not about one substance prescribed for one illness like in conventional medicine. In fact a homeopathic medicine can be prescribed for many conditions as long as they are listed in the Materia Medica and or if they match what the person is feeling and experiencing physically and emotionally. Each medicine has a remedy picture that comes out of 200 years of clinical experience and remedy provings. Prescribing homeopathic remedies requires love for details and listening skills.



Coffea Cruda

Coffea Cruda is for anxiety with sleeplessness. The mind is over active there is nervous energy and restlessness. There can be palpitations and much nervousness. The person may toss and turn from side to side in the bed in anguish and remain wide awake all night due to anxiety. If they fall asleep they can wake up for every sound and startle frequently. Bad news can bring about the need for this remedy.

Anxiety and sleeplessness during lockdown

Arsenicum Album:

Lying awake with restlessness, tossing and turning. Cannot lie still in bed – has to get up and wander around from restlessness. Can only sleep with head raised. Hard to fall asleep after waking. Anxiety, fear, or worry prevents sleep. Fear of intruders. Frequent starting or jumping which wakens from sleep. Sleeplessness from physical exertion. Worse after midnight. Better for: warmth; warm drinks.

Gelsemium Sempervirens:

sleepless due to anticipatory anxiety or exhaustion. Dull and drowsy. Hard to get fully asleep. Worse for bad news or thinking about problems. Yawning.

Ignatia Amara:

Intense, repeated yawning or frequent sighing. Sleeplessness from a recent disappointment or grief. Waking easily. Waking from the jerking of a limb. Itching of arms with yawning. Yawning produces tears in the eyes or threatens to dislocate jaw. Worse for: Coffee.

Nux Vomica:

The person needing Nux Vomica can fall asleep early, but awakens at 3:00 or 4:00 a.m. with great mental activity or worries. When the time to rise comes around, they may feel able to sleep but instead must get up in a tired, irritable state. This type of insomnia can be brought on by the overuse of drugs, stimulants including alcohol, coffee, and wine, and cigarettes or by overwork or excess studying. The typical person needing Nux vomica is irritable, easily angered, and impatient. They can be chilly.

Frequent yawning. Irritability from loss of sleep. Falling asleep before normal bedtime and then waking at 3–4am with alert and active mind and then falling asleep as daylight approaches, then waking with difficulty, feeling tired, weak, and not wanting to get up. Worse for: stimulants and narcotics. Sleeplessness from the excessive consumption of coffee, alcohol, or drugs (therapeutic or recreational). Sleeplessness from mental strain and stress or excessive study. Weeping and talking in sleep.

Anxiety and sleeplessness during lockdown

Phosphorus:

Short naps with frequent waking. Frequent waking from feeling too hot. Sleeplessness from anxiety. Worse before midnight. Sleepy all day and sleepless/restless at night. Sensation of bubbling in blood. Worse lying on left side. Tend to be fearful.

Aconitum Napellus :

The person needing Aconite is restless with anguish and fear. A state that can come on in the early stages of an acute illness, often at a beginning of a fever. But it may also be caused by a shock or fright, such as the one people are experiencing at the moment around the world. They may fall asleep but then wake up around midnight and can't go back to sleep.

Chamomilla

Those needing Chamomilla are usually very very irritable, they are often frantic with pain or irritability and say they "cannot stand it." They may have the peculiar symptom of being drowsy during the day, but unable to sleep in spite of sleepiness. This irritability is often found in teething infants or toddlers or teenagers with period pains.

Arnica:

This remedy is mostly known for its capability to help with bruises and little accidents, in clinic it is used with great results as a great trauma remedy. It is good for people that suffer from Post Traumatic stress and have nightmares of accidents or traumas lived in the past and in this current situation people may re-experience emotions linked to past traumas. It is also a great jet-lag remedy and we all wish to be able to use it for this reason in the near future .

Coccolus

Those needing this remedy are sleepless from exhaustion. This often comes on from loss of sleep associated with night shifts or nursing the ill. Their sleep may be interrupted by waking and starting. Patients needing this remedy are often emotionally sensitive, easily offended, and intolerant of contradiction, or they may be extremely sad.

Anxiety and sleeplessness during lockdown

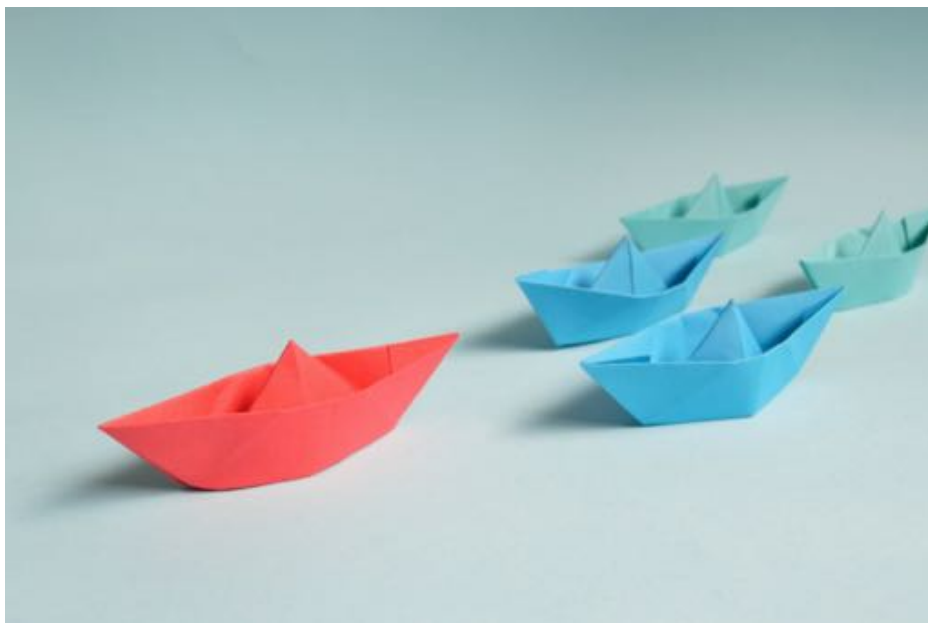
Belladonna

Patients who need this remedy may be sleepy, yet unable to sleep. They often start or jerk suddenly during sleep or when falling asleep. Teeth-grinding during sleep is a common symptom. They are often restless. This type of sleepless state is often seen in those coming down with an acute illness or fever.

Gelsemium

There are other remedies that might be considered for acute insomnia. If, however, you have chronic, long-term insomnia, it's best to consult a homeopathic practitioner.

Those needing this remedy for insomnia are often dull and drowsy, maybe even trembling. Yet they cannot get fully to sleep; their bodies are still and they may appear asleep from the outside, but they are on the edge of sleep internally. Sometimes they start on falling asleep. When finally asleep they may have restless sleep or a stupid, heavy sleep. Or, conversely, they may have a sort of nervous irritation, much like the Coffea patient, that comes on from anticipation of an upcoming event.



Where to find homeopathic remedies

Although homeopaths prescribe remedies, they do not sell them. Only pharmacies regulated by the General Pharmaceutical Council can sell most of the homeopathic medicines available in the UK.

These remedies are mostly classified as unlicensed medicines and are prepared in accordance with the standards of official homeopathic pharmacopoeia, which describes the manufacturing procedure and provides assurances of safety and quality.

Pharmacies and pharmacists may legally supply unlicensed remedies to individual patients, and they may be ordered either by telephone or through the internet, or by going to the pharmacy in person. Most UK pharmacies send remedies abroad.

The official body that regulates the manufacture of unlicensed medicines supplied to doctors and pharmacies is the Medicines and Healthcare products Regulatory Agency (MHRA).

A small number of the more commonly used homeopathic medicines, such as Arnica, Natrum muriaticum and Sulphur, are registered and 'licensed' (by the MHRA). These remedies may be purchased, in low potencies, over the counter in outlets other than pharmacies, such as health food shops and clinics.



Anxiety and sleeplessness during lockdown

If you wish to buy homeopathic remedies you can find them at the following pharmacies and they can usually post abroad

Ainsworth

36 New Cavendish Street
London W1G 8UF
United Kingdom

Tel: 0141 644 1165

Helios Covent Garden

8 new Row
Covent Garden
London WC2N 4LJ

Tel: 020 7379 7434

Weleda UK Ltd

Heanor Road
Ilkeston
Derbyshire DE7 8DR

Tel: 0115 944 8200

Breathing: a powerful tool to tame anxiety



Shallow breathing can lead to tension and fatigue. Breathing with your diaphragm tends to reduce stress, body tension and improve energy.

Abdominal breathing, or **diaphragmatic breathing**, is a powerful way to decrease stress by activating relaxation centers in the brain, abdominal expansion causes negative pressure to pull blood into the chest, improving the venous flow of blood back to the heart.

If you are not used to focus your attention on your breath it will need a little practice, but as someone that has resisted it for a long time I can assure it that it becomes easier to do, it is always at our disposal and it is completely free. This is an important skill that can help you deal with stress, anxiety, and negative emotions in a positive way.

The following abdominal breathing exercise, often called **4-7-8 breathing**, can help you start breathing mindfully:

Find a comfortable place to sit or lie down, with your feet slightly apart, one hand on your abdomen near the navel, and the other hand on your chest.

Slowly exhale through your mouth while counting to **eight**. Gently contract your abdominal muscles to completely release the remaining air in the lungs.

Gently exhale the air in your lungs through your mouth, then inhale slowly through your nose to the count of **four**, pushing out your abdomen slightly and concentrating on your breath. As you breathe in, imagine warm air flowing all over your body. Hold the breath for a count of at least four but not more than **seven**.

Repeat for a couple of cycles until you feel comfortable repeating for a total of 5 cycles, these can help you feel deeply relaxed. Once you feel comfortable with your ability to breathe into the abdomen, it is not necessary to use your hands on your abdomen and chest. These days if you feel more anxious you can put an alarm and use these breathing exercises once every couple of hours to reset your nervous system.

Epsom salts baths

A bath at the end of the day can be part of your anti-anxiety routine.



Epsom salt, also known as *magnesium sulfate*, can be added to a hot bath: you can add two cups of Epsom salts to bath water and soak for more than 20 minutes. Epsom salts baths can ease stress and relax tense muscles.

Magnesium is essential for every life form on the planet. In the human body, it's necessary for muscle and nerve function and maintaining a healthy immune system. It's also needed to maintain a regular heartbeat, sufficient blood glucose, and strong bones.

Anxiety and sleeplessness during lockdown

HOMEOPATHY@HOME ONLINE COURSES

If you would like to learn how to use homeopathy at home to support yourself and your family you can now access my Homeopathy at Home online course for the special price of £49.99. This price will be available while we remain in lock-down

[Learn more](#)

You can book to see a registered homeopath

If you suffer from ongoing anxiety and prefer to work with a registered homeopath you can book a 10 minutes free consultation or an appointment by clicking here below

[Learn more](#)

Anxiety and sleeplessness during lockdown

Silvia is a professional homeopath and a neuro-developmental practitioner she has a passion for homeopathy, lifestyle medicine and toxin-free living. She sees clients via video calls. With her 15 years experience she has supported hundreds of clients to gain better health.

This e-book provides general information and discussions about health and related subjects. The information and other content provided here, or in any linked materials, are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment.

If you or any other person has a medical concern, you should consult with your health care provider or seek other professional medical treatment. Never disregard professional medical advice or delay in seeking it because of something that have read on this e-book or in any linked materials. If you think you may have a medical emergency, call your doctor or emergency services immediately.

