

## Stress Management/Conflict Resolution

### Self-Care for all:

- East Bay Meditation Center has created online Sangha Self-Care Groups (special groups for POC, folks with disability, etc): <https://eastbaymeditation.org/programs/zoom-links/>
- Headspace provides free meditations: <https://www.headspace.com/covid-19>
- Peloton (yoga, meditation, and exercise classes for home):

### Holistic Self-Care Resources in times of stress:

#### TAPPING

Tapping helps the body to feel calm. It is based on Chinese acupressure points. We stimulate these body points to help release stress and bring more flow into our body's energy system. I try to smile when I tap and after a couple of rounds, I feel more relaxed in my body. REALLY GREAT before you sleep at night.

Here are two tapping videos. One is more adult friendly and the other is more kid friendly.

- Adult tapping video [https://youtu.be/\\_jHWq6n6WNM](https://youtu.be/_jHWq6n6WNM)
- Kid tapping video <https://youtu.be/R0NUNNhosPU> (start at minute 2:04 for tapping)

#### *Tips for tapping:*

- **Remember to wash your hands** before and after tapping as you will be tapping on your face
- **Remember to breathe** in and out of your mouth while tapping
- After 2-4 rounds of tapping you may notice your body feel calmer, lighter, yawn a lot or feel tired
- Add an **essential oil** to your wrists to encourage calmness (eg., lavender oil) or an open heart (e.g, rose oil)
- You can add a **mantra** to your tapping (eg., It is possible to be ok even if there is chaos around me) or imagine your **favorite color** around you while you tap

#### SPRAYS

Flower Essence Services (FES) sprays are another way to help the body feel calm. They are specially formulated plant medicine formulas to support the body. Here are three sprays that are especially helpful under stressful situations. These sprays have alcohol base. For non-alcohol options, please email me. You can purchase online, at Rainbow Co-op (SF), Five Flavor Herbs (Oakland). You should call first to make sure they have the sprays.

If you're going to a busy crowded place (like Costco) spray Fearless before and after you go to clear off other peoples' energies off you. For those of us who may carry intergenerational

trauma or are finding themselves triggered by what's happening related to Coronavirus, I would definitely recommend taking Post Trauma Stabilizer. The Illumine spray is just good to lift the spirits during this time.

#### FES FEARLESS SPRAY

<http://www.fesflowers.com/product-info/flower-essence-formulas/flourish-formulas/fear-less/>

#### FES POST TRAUMA STABILIZER

<http://www.fesflowers.com/product-info/flower-essence-formulas/flourish-formulas/post-trauma-stabilizer/>

#### FES ILLUMINE (for depression/discouragement)

<http://www.fesflowers.com/product-info/flower-essence-formulas/flourish-formulas/illumine/>

*Tips for using sprays:*

- **Spray under tongue and around body**
- **Use upon waking, upon sleeping and during day when feeling stressed or in challenging circumstance**
- **Better not to eat or drink 5 min before or after using spray**

#### AROMATHERAPY

Essential oils capture a plant's scent, medicinal properties and vibrations. They can be used on the wrist, heart center, or rubbed on finger tips to stimulate the body's meridian system. I am especially loving using essential oils in my diffuser at home. Turn it on before everyone comes home so that people can walk into a calm space at home. Two essential oils that are helpful in these times are **lavender** (relives stress) and **rose** (opens heart and relieves anxiety). For those of you who love Kate's Magik, I would recommend **Blossoms of Joy** diffuser oil (<https://www.katesmagik.com/products/blossom-of-joy-diffuser-oil>) or **Healing of the Heart** (<https://www.katesmagik.com/products/healing-heart-aromatherapy-anointing-oil>).

*Tips for using aromatherapy:*

- **Make sure you are not allergic to the oil**
- **Wash hands before using oils**
- **If you are pregnant please check with an acupuncturist before stimulating meridians**

#### NATURE

When there's too much noise around, I just go out in nature and sit. I try to focus on listening to the birds, the trees, hearing what they are whispering. If I cannot go outside, I turn everything off and sit on the floor in my home with a stone or two or even an essential oil. Again, I try to "be" like the stone or oil, bringing my energy and vibration to mimic it. These elements in nature help me remember how to be still, balanced and vibrate high.

*Tips:*

- **Make sure your stones are clean.** For earth based stones, clean by burying in the dirt. For air based stones, use sage. Full moon cleanse good for all. I clean my stones right after I sit.

