

# Ayurveda for Stress and Anxiety



# Ayurveda for Stress and Anxiety

By Anna Welle  
[annaveda.com](http://annaveda.com)



# Overview

**Causes**

**Balancing Vata**

**Meditation**

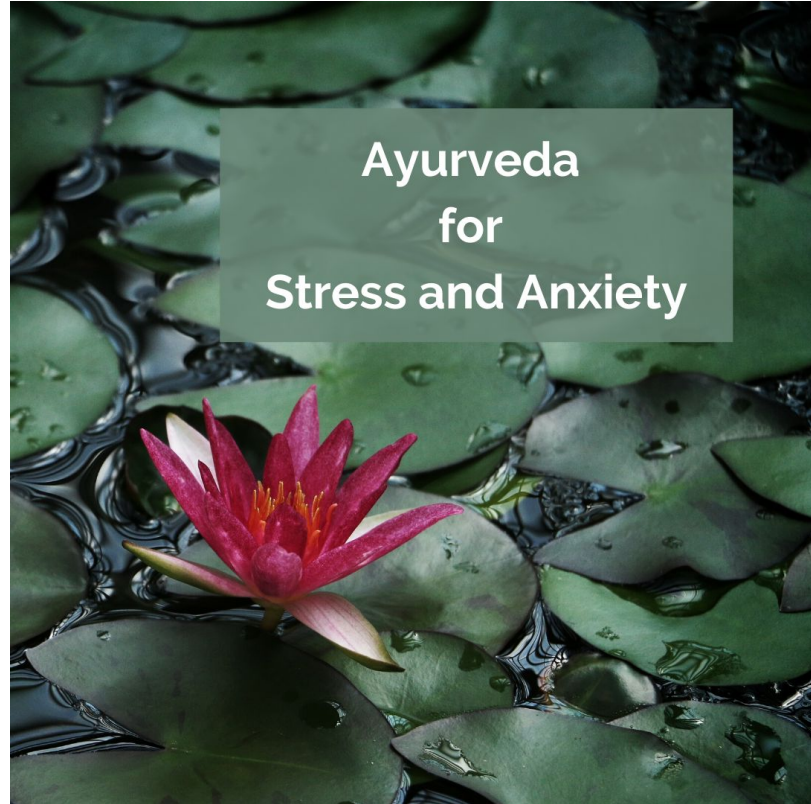
**Mindset**

**Breathwork**

**Gut Health**

**Strengthen + Buffer**

**Managing Changes**



# VATA

## Vata Dosha

Energy = air + space (windy)

Cold, light, dry, rough, mobile, subtle, clear

Sensitive - intuitive, empaths, psychic,  
clairvoyance, deep spiritual understanding

Spontaneous, random, go with the flow, change  
their mind. Flakey.

Creative, artistic, joyful, inspired

# VATA DOSHA

*Space + Air*

Creative

Excited

Spontaneous

On-the-go

Talks a mile a minute

Anxious

Busy mind

Easily distracted

Constantly changing their mind

Gets amped up then tires out quickly



# VATA

Difficulty falling asleep or staying asleep, insomnia

Excess movement: restless in body or mind, very active. Fidgeting. Twitching. Palpitations

Hard to focus. ADD, ADHD. ***Busy or very active mind***

Dryness or Roughness: skin, hair, lips, joints, nails, BM

Dryness or lightness of the mind: dizziness, ungrounded, ***restlessness***

Gut: gas, bloating, constipation

Random hunger, or irregular appetite

Random or irregular menstrual cycle

Pain: aches, pricking pain, tightness, cramps, menstrual cramps

Cold: poor circulation, cold hands and feet, sensitive to cold, etc



Vata

# VATA

## Imbalancing Vata

Irregular or busy schedule, late night activity

Random meals, snacking, grazing

Eating on the go

Ignoring body cues or urges

Travel

Over stimulation

Excessive exercise, work or sex

Cold foods. Raw diet. Processed foods

Lack of sleep, rest, or time to process

Unhealed trauma or stress

Childbirth, Surgery



# Qualities of the Mind

## Sattva

Reveals truth. Connection to divine  
Promotes life, spirit and healing

## Rajas

Increase understanding, positive change  
Hyperactive, addiction to rajas / tamas

## Tamas

Sleep, stillness, rest  
Alcohol, drugs, processed food

## The Three Gunas



### **SATTVA**

**Balance**  
**Harmony**  
**Positive**  
**Peace**  
**Clarity**  
**Light**  
**Creativity**  
**Openness**  
**Intelligence**



### **RAJAS**

**Movement**  
**Activity**  
**Energy**  
**Excitement**  
**Passion**  
**Desire**  
**Agitation**  
**Anxiety**  
**Egotism**



### **TAMAS**

**Inertia**  
**Inactivity**  
**Negative**  
**Apathy**  
**Dullness**  
**Dark**  
**Delusion**  
**Depression**  
**Ignorance**

# VATA

## Balance Vata

Like increases like. Opposites Balance

Heavy, warm, oily, stable, static, dense

Ground, nourish, lubricate, protect,  
strengthen, stabilize

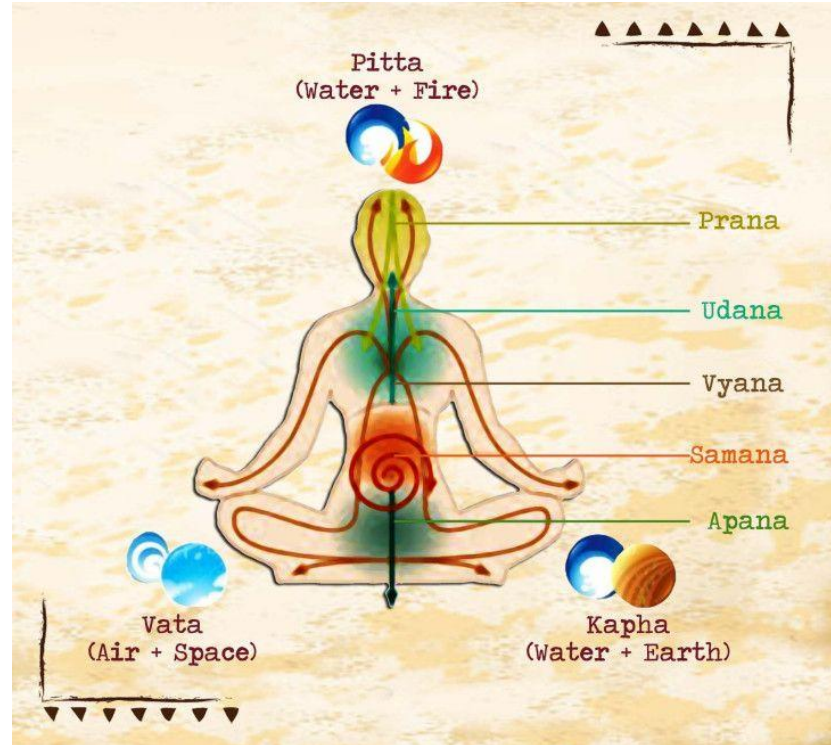




# Self Care + Daily Practices

Stability, Regularity  
Relaxes the nerves  
Predictable  
Grounding  
Contains and directs subtle energy

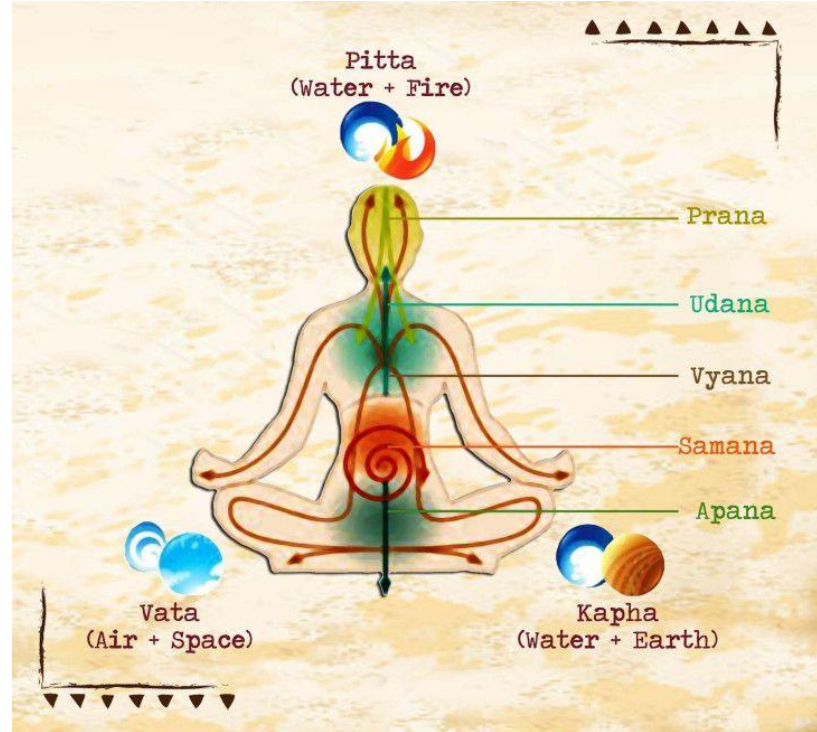
**Rhythmic Eating**  
**Rhythmic Sleeping**  
**Ritual + Routine**



# Self Care + Daily Practices

**Rhythmic Eating**  
**Rhythmic Sleeping**  
**Ritual + Routine**

Circadian Rhythm



# Self Care + Daily Practices

## Morning + Evening Routines

**Oil massage**  
**Warm bath or shower**  
**Meditation**  
**Mindfulness**  
**Prayer**



# Self Care + Daily Practices

## Morning + Evening Routines

**Oil massage**

**Warm bath or shower**

**Meditation**

**Mindfulness**

**Prayer**



Buffer and protect your nerves during this  
liminal space

# Self Care + Daily Practices

## Mindfulness practices

Creates spaciousness and ease.

Cuts the cord to hyperactive mental energy

[Builds Sattvic qualities](#)

**Meditation**

**Mindset**

**Prayer**

**Pranayama**

**Yoga**



# Self Care + Daily Practices

## Meditation/ Sitting in Silence

Start small and anchor down a daily practice  
Slowly build up to 20 minutes a day

Learn the tools and strengthen your ability to calm your mind and repattern the thoughts or neural pathways (nadis and shrotas)

Digest or process daily experiences and more deeply ingrained energy or emotions.

## Prayer

Connect to a higher power, energy. Cultivate trust, surrender, and strength in softness.  
Building new pathways in the subtle body.  
Sattvic qualities



# Self Care + Daily Practices

## Mindset

### MENTAL HYGIENE via a DAILY PRACTICE

By Lindsay Briner

Transpersonal Psychologist. Research Scientist.

Consultant in Consciousness and Technology

The key is regularity & discipline! Though simple, you WILL notice a difference.

\*\*\*This is how you train your brain toward building positive neural networks\*\*\*

Even if it seems simple or “beginner” you would be surprised how much of a difference it makes... once the foundation is set (literally in your neural networks), you can move on to more advanced practices and then those will be even more effective.



# Self Care + Daily Practices

## Mindset

### MENTAL HYGIENE via a DAILY PRACTICE

1. Set an intention / say a wish / or make a prayer for 1, yourself, 2, your family and community, and 3, all beings to be free from suffering (or whatever you choose). Feel love in your heart for ALL LIFE.
2. List 3-5 things you're grateful for. The key here is: break the hedonic habituation of what you take for granted. Be grateful for things you're not normally grateful for, like shelter, toilet paper (if you're lucky haha), your back yard...whatever. The list should be new each time.
3. List 3 people to forgive, even minor incidents. Include yourself if needed. Evoke the emotion of love and forgiveness.
4. Set a few realistic goals, remind yourself of those goals daily by using positive affirmations.



# Self Care + Daily Practices

## Breathwork / Pranayama

Balances subtle channels influencing the mind.  
ida/pingala nadi and sushumna nadi

Vagus nerve

Builds connection to different koshas/ sheaths

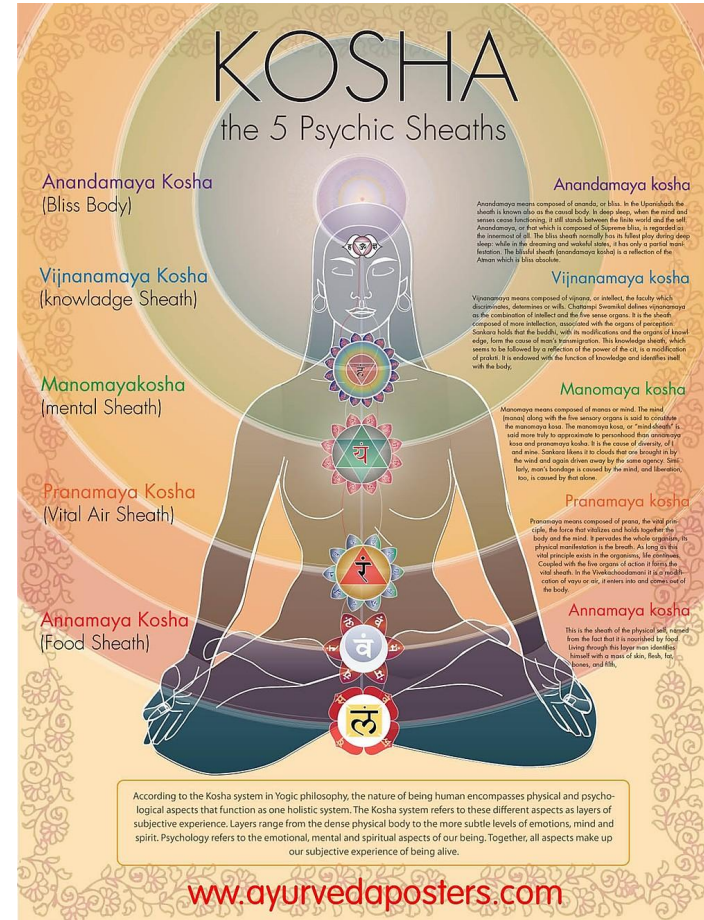
Can connect it to meditation practice.

Start with “yogic breath” - Deep belly breathing

Nadi Shodhana - Alternate Nostril Breathing

Sama Vritti - Balanced Breath

Weave into daily life, during triggers



# Self Care + Daily Practices

## Yoga

Yin

Yoga nidra

Slow, steady

Forward bends

Seated postures

Long holds

Same sequence repeated

Exercise shouldn't exhaust

Don't over-exert



# Self Care + Daily Practices

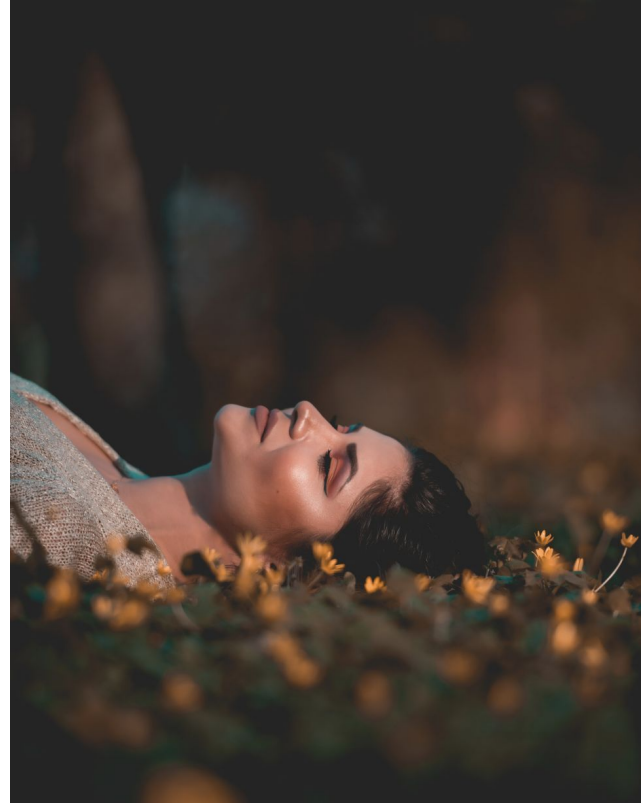
## Restore and Repair the Nerves

Evening routine: Kapha energy - slow, sweet, nourishing, building, replenishing. Relax, have fun, enjoy life. Find pleasure and ease. Let go of 'doing.'

Early to bed -- What time for you? What time to get ready?

Restful activities: Meditation, nature, reading, journaling, yoga nidra, bath, self massage...

Rest during dark moon or menses



# Gut Health

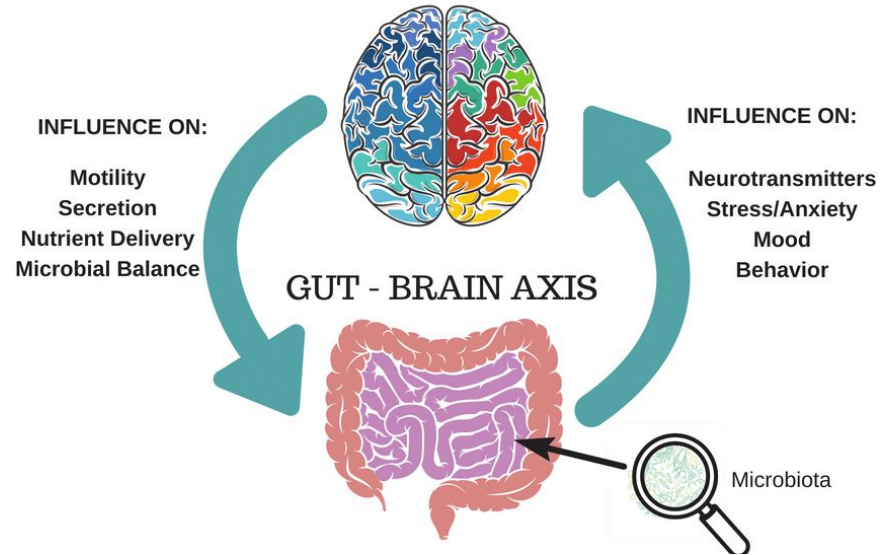
Colon is the seat of Vata.

Gut impacts mood and emotional triggers

95% serotonin is produced in the gut

Gut / Brain connection.

Enteric Nervous system: 100 million neurons (more than spine + peripheral nervous system)



# Gut Health

## Healthy Gut and Good Digestion

Strong, balanced digestive fire - hungry at regular times

Good quality digestion, no symptoms, can digest most foods

Space and time between meals

Allow diet to shift with the seasons

No excess mucus, phlegm or ama built up in the digestive tract

No gas, bloating, or dry hard stools

Full complete BM upon arising



# Gut Health

## Habits for a Good Gut

Rhythmic eating

Meal timing

Full, complete meals: protein, fat, fiber

Fast, or create spaciousness. Give digestion a break

Honor hunger, cultivate hunger and appetite

Eat what you can digest. Keep it simple

Increase fire: celery juice, CCF tea, ginger

**Probiotics, live cultured foods: sauerkraut, kefir**



# Diet



## Poor diet

**Rajasic / Tamasic**

**Vata increasing**

**Poor microbial balance**

Processed food, refined carbs, or difficult to digest.

Too many carbs or sugar

Alcohol Marijuana Caffeine

Cold drinks or too much cold food.

Skipping meals

Eating on the go, or while standing up

Inflammatory: Gluten, wheat, sugar, hyddairy (mucous)

Antibiotics

# Diet



## Best diet

**Fresh foods, freshly prepared**

**Sweet, sour, salty tastes**

Warm, moist, oily, quality fats.

Easy to digest

Liquid or soft - soups, stews, oatmeal

Comfort foods - Kitchari, cooked whole grains, gf pasta

Root veggies

Bone Broth

Hot teas: ginger, licorice, nettle, Holy Basil

Warming spices: cinnamon, ginger, pepper, turmeric,

**Probiotics, live cultured foods: sauerkraut, kefir**



# Diet



## Cultivate a Balanced Mind

Everything we put into our body has an effect on our mind. These lifestyle choices will either support a clear mind and memory or not.

sattva	rajas	tamas
<p>A Sattvic diet promotes love, awareness, joy and intelligence</p>	<p>A Rajasic diet has a stimulating effect on the mind and body.</p>	<p>A Tamasic diet has a dulling effect on the mind.</p>
<p><b>It includes:</b> Fresh fruit and vegetables, sprouts</p>	<p><b>It includes:</b> Coffee, tea, Carbonated beverages</p>	<p><b>It includes:</b> Mushrooms, garlic, onion, beans, hard aged cheese</p>
<p>Whole grains and nuts</p>	<p>Frozen, canned, sour, salty foods</p>	<p>Red meat or canned fish</p>
<p>Milk and ghee</p>	<p>Pungent vegetables like garlic, onion, hot peppers, nightshades</p>	<p>Refined sugar</p>
<p>Plant based oils</p>	<p>Dark lentils</p>	<p>Tamasic foods are chemically-treated, microwaves, stale, old meat and fish.</p>
<p>Lentils and beans</p>	<p>Chocolate</p>	<p>To reduce Tamas avoid tamasic foods, over-sleeping, over-eating, inactivity, fearful situations</p>
<p>Sweeteners like raw honey, dates, figs</p>	<p>To reduce Rajas, avoid rajasic foods, over-exercising, over-work, loud music, excessive thinking, and over-stimulation</p>	
<p>Spices: cardamom, coriander, cumin, fennel, turmeric, fresh ginger</p>		
<p>Herbs: Ashwagandha, Bacon, Gotu Kola, Jatamansi, Shankhapushpi, Tulsi</p>		
		<p>more @ mother of health</p>

# Stress Management

## Recognize stress symptoms + triggers

Over scheduled. Get carried away with the never ending to-do's

Over stimulated

Relationships

Finances

- Feel reactive towards life
- Disturbed sleep or digestion
- Moods
- Aggravated symptoms: rash, headache, etc



# Stress Management

Meditation - find a consistent time and place, anchor it down

Breath work

Exercise

Time in nature

Easeful living

Connecting to others: fun or supportive relationships

Setting boundaries: practice saying “no”, honoring your needs

Turning off the excess stimulation

Therapy, books, supportive resources

Financial planning, budgets, income, etc



# Overview

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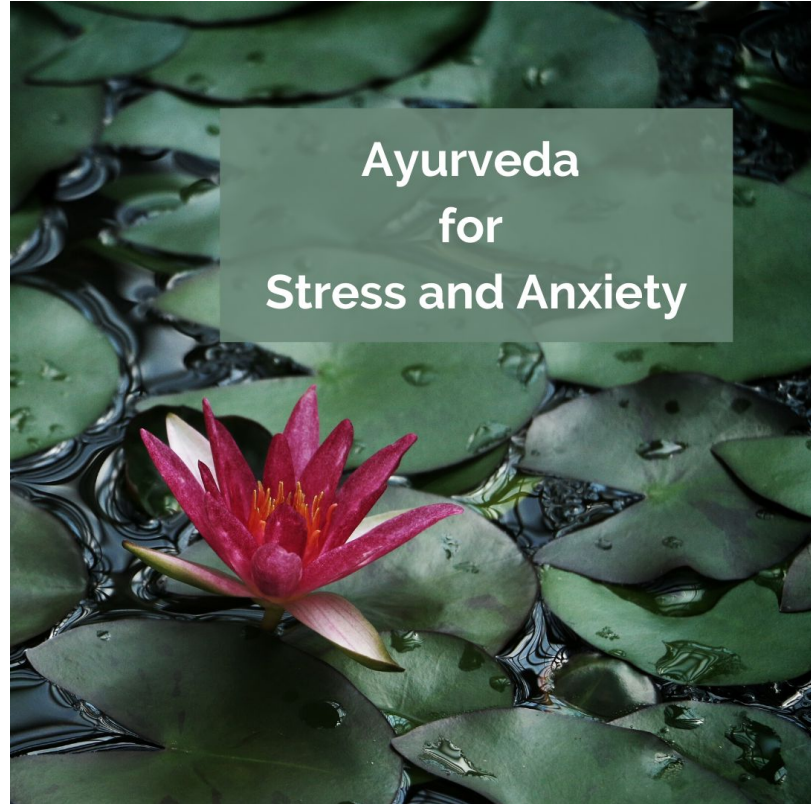
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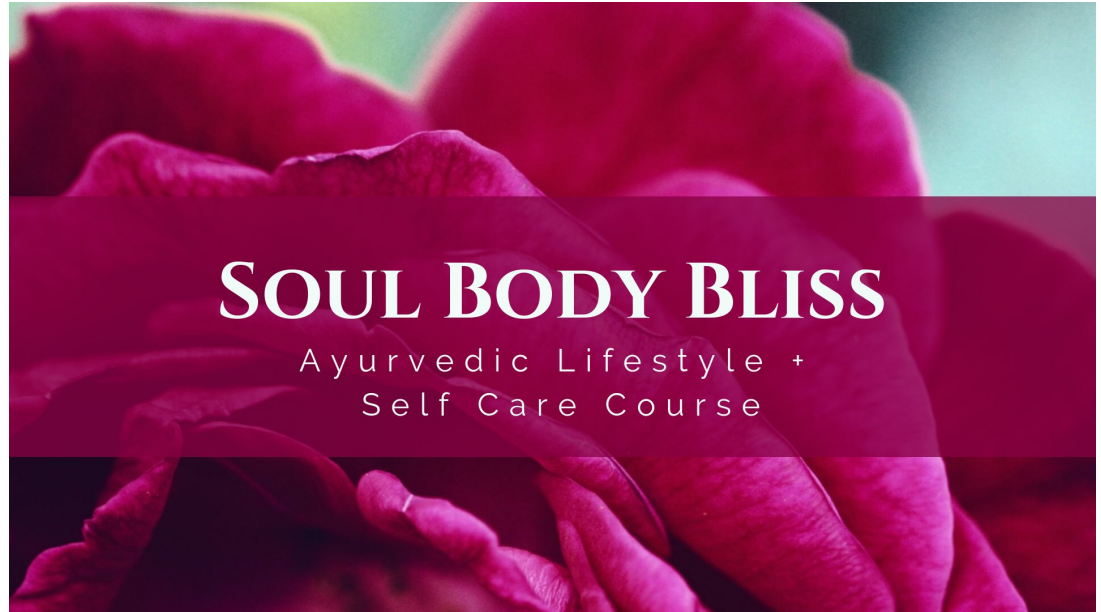
# Lifestyle + Implementation

## **SOUL BODY BLISS**

Ayurvedic Lifestyle and  
Self Care Course

Create Change Slowly

Kaizen = Micro Habits



# Lifestyle + Implementation

Meal timing

Evening routine

Morning routine

Exercise

Plant based diet

Meditation

Sense organ care

Healthier eating habits

Easeful living



# Lifestyle + Implementation

## **SOUL BODY BLISS**

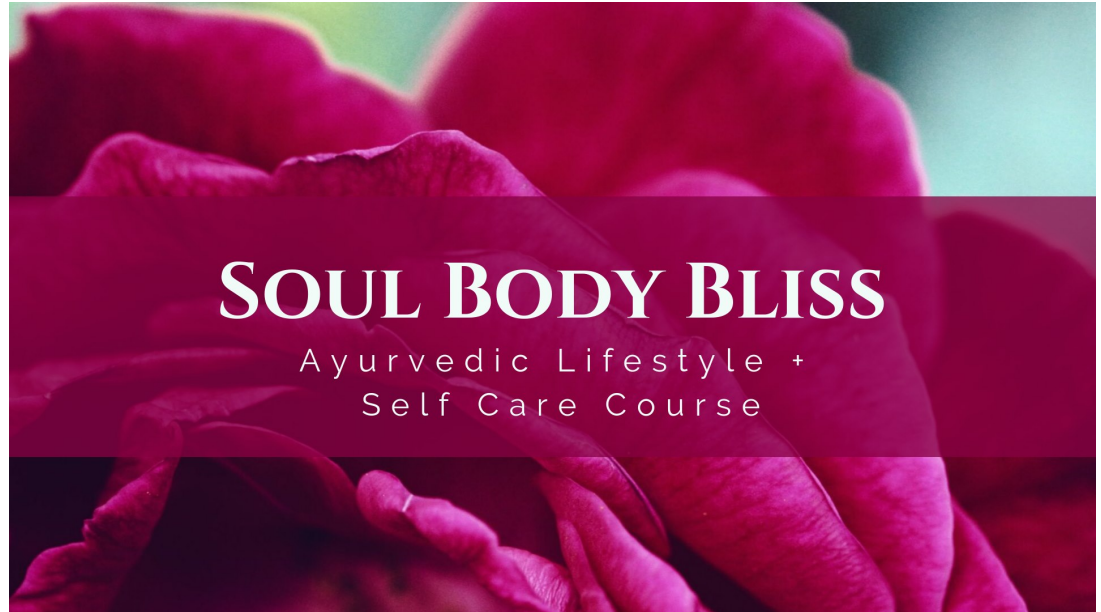
Ayurvedic practices

Habit Support

Coaching

Community

**Supportive container to stay  
focused so you can make  
changes that will last**



# Lifestyle + Implementation

## **SOUL BODY BLISS**

### ***Bonuses***

Private one-on-one coaching

Private Ayurvedic Consultation

Free pass to spring detox

Ayurvedic Diet: what to eat for your  
digestive type

Womb Wisdom: Moon Cycles & PMS



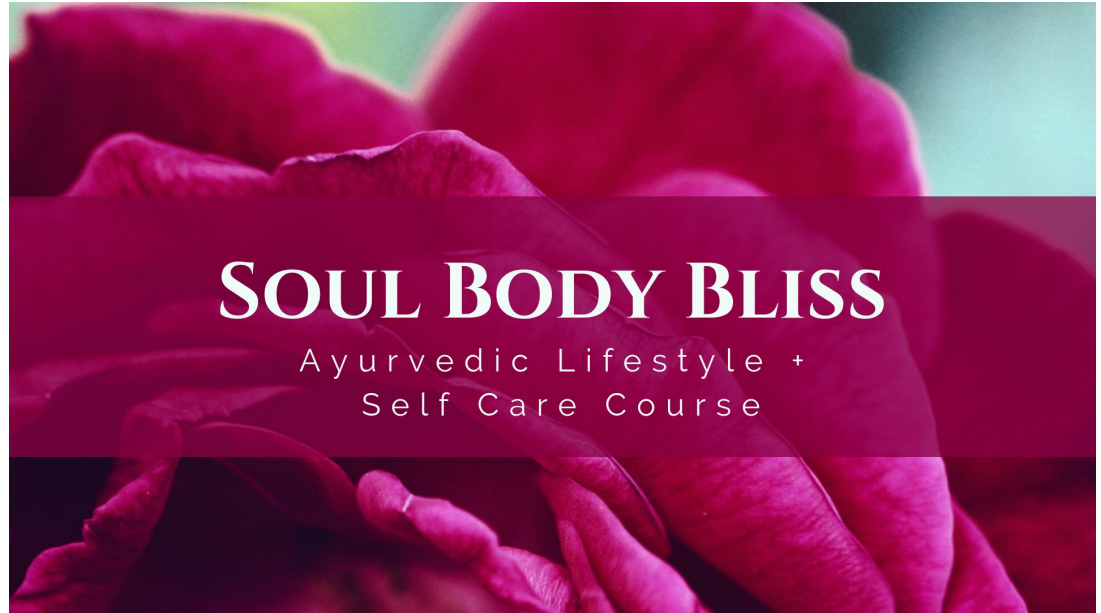


# Lifestyle + Implementation

## **SOUL BODY BLISS**

Limited to 10 Clients

[Schedule a time to talk](#)



# Soul Body Bliss Program

My whole life has changed. I look back a few months and I'm like, wow, who were you? My over-all sense of well-being has shifted dramatically.

I was quite a mess before starting soul body bliss. My nervous system was in bad shape. I was eating very little and I was drinking alcohol to cope with how I felt.

I was feeling hopeless. My inner thoughts were quite destructive. Feeling unworthy and not good enough. I was lacking a huge amount of self-love and self-respect.

I was hesitant to join the program, and thought that I wouldn't fulfill my commitments to myself.

And now, I feel like a different person. I feel healthy, I feel clean. I feel more clarity in my mind. I feel more grounded in myself.

I'm waking up every morning and meditating. Giving myself time to connect with myself, whereas before I would just rush out the door.

I quit caffeine. My eating schedule improved a ton and I'm more conscious of my meals and a better diet. I have an earlier dinner and I wake up feeling so much lighter and clearer and more rested. I didn't know how important routine is, and now that I have it, it's changed way more than I could have imagined.

I've been taking time for myself, slowing down, and listening to my needs. I've created a huge sense of gratitude and have so much awareness around being thankful.

I finally feel how it feels to love and respect myself. I have a refreshed zest for life. I feel connected to spirit and to the earth. My mind feels clear. I have strong boundaries. And my body is entirely different.

---- Soul Body Bliss Member



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