

TRADITIONAL CHINESE MEDICINE GUIDE

# Managing Anxiety and Improving Lifestyle



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## INTRODUCTION

# Beat Anxiety Naturally

Hi everyone, I'm Li Duggan of Li Duggan Acupuncture and Traditional Chinese Medicine. I run clinics in Ireland, and many of my clients come to me seeking help for anxiety.

Do you often feel restless, overwhelmed, or stuck in a cycle of worry? When anxiety lingers, it can take a toll on your mind and body—disrupting sleep, digestion, and overall well-being.

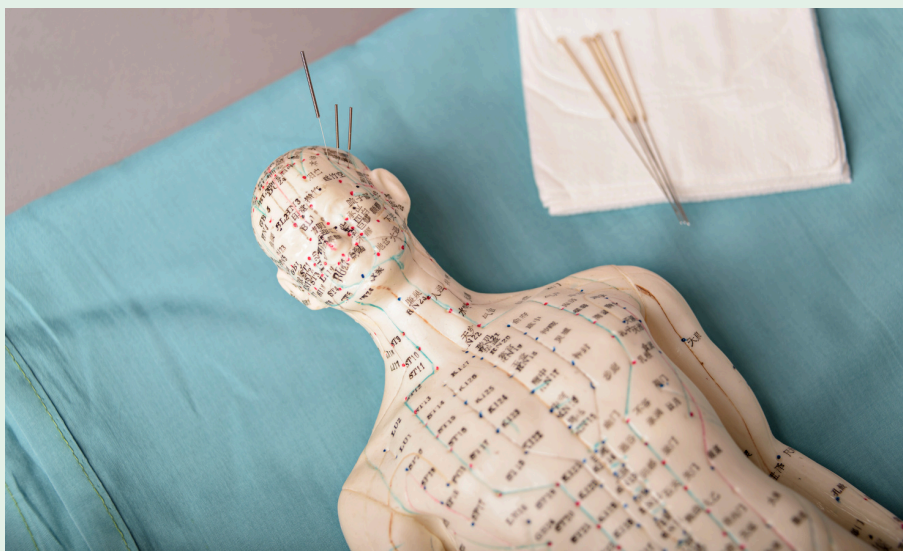
Instead of letting it control your life, it's important to find natural ways to restore balance.

I hope that this handy guide will introduce you to the wisdom of Traditional Chinese Medicine, helping you manage anxiety and regain a sense of calm and harmony.



## CHAPTER I

# What is Anxiety in the Lens of TCM?



## What is Anxiety in TCM?

In Traditional Chinese Medicine (TCM), anxiety is viewed as an imbalance in the body's Qi, Blood, and organ systems, particularly the Heart, Liver, Spleen, and Kidneys.

Rather than treating anxiety as a standalone disorder, TCM aims to address the root cause of emotional distress by restoring internal harmony.



## CHAPTER II

# Common Causes of Anxiety in TCM

You may already have some suspicions about why you are always anxious. It could be stress from different aspects of your life. It can even be linked to your diet or habits. In the view of Traditional Chinese Medicine, insomnia can be caused by imbalances of qi or the life force in certain body parts, namely:

## Heart and Shen (Spirit) Imbalance

The Heart houses the Shen, or spirit. If the Heart is weak or disturbed, symptoms like nervousness, restlessness, palpitations, and insomnia arise.

## Liver Qi Stagnation

Emotional stress, frustration, and unexpressed emotions cause the Liver's Qi to stagnate, leading to irritability, mood swings, and tension.



## Spleen and Heart Blood Deficiency

The Spleen generates Blood, which nourishes the Heart. When Blood is deficient, anxiety, dizziness, forgetfulness, and poor concentration may occur.

## Kidney Yin Deficiency

A deficiency in Kidney Yin fails to anchor the mind, resulting in fearfulness, panic attacks, night sweats, and excessive worrying.



## CHAPTER III

# Symptoms of Anxiety Based on TCM Patterns



Are you worrying constantly? Is this considered anxiety? Is your body shutting down when you worry? Do you have difficulty resting or sleeping? There are many symptoms of anxiety and you may experience one or all of them at different times.

And here are the explanation based on Traditional Chinese Medicine, when we look at the individual symptoms.



## Heart and Shen Imbalance

Palpitations, restlessness, dream-disturbed sleep, emotional sensitivity.

## Liver Qi Stagnation

Irritability, tightness in the chest, frequent sighing, digestive discomfort.

## Spleen and Heart Blood Deficiency

Poor memory, dizziness, fatigue, difficulty concentrating.

## Kidney Yin Deficiency

Panic, fearfulness, night sweats, difficulty calming the mind.



In Traditional Chinese Medicine, Yin and Yang represent the body's dynamic balance—**Yin** is cool, nourishing, and passive, while **Yang** is warm, active, and energizing. Health depends on their harmony; an imbalance can lead to illness or discomfort.



## CHAPTER IV

# Dietary and Lifestyle Adjustments for Anxiety Relief

One of the most important things to realise about anxiety is that your diet and lifestyle are directly affecting your sleep.

As mentioned in the previous chapters, according to Traditional Chinese Medicine, certain body parts become imbalanced, contributing to symptoms of anxiety

In this chapter, we will mention food you can eat to restore balance to the relevant body parts. As always, make sure to consult your doctor before consuming any of these foods, fruits, and herbs, and make sure that you are not allergic to any of these too.







## Heart and Shen Imbalance

Eat nourishing foods like red dates, lotus seeds, and walnuts. Avoid caffeine and excessive sugar.

## Liver Qi Stagnation

Include bitter and sour foods like dandelion greens, lemon, and peppermint tea. Engage in physical movement and stress relief practices.

## Spleen and Heart Blood Deficiency

Consume warming, nutrient-rich foods like bone broth, dark leafy greens, and black sesame seeds.

## Kidney Yin Deficiency

Stay hydrated with cooling foods like cucumber, seaweed, and pears. Avoid overly spicy or fried foods.



## CHAPTER V

# Acupressure for Anxiety Relief

Acupressure is a healing technique in TCM that involves applying gentle pressure to specific points on the body to restore balance, relieve pain, and improve overall well-being. It works by stimulating the body's natural energy flow (Qi) to promote relaxation and healing.

To stimulate acupressure points:

- **Press or massage** the point using your thumb or index finger with firm but comfortable pressure.
- **Hold or rub** in a circular motion for 30 seconds to 2 minutes on each point.
- Repeat **1-3 times daily** for best results.
- Apply pressure on **both sides of the body** if applicable for balance.



Here are the acupressure points and how to find them. Look at where the red dots are located. These are the points you need to stimulate.

**Heart 7**  
**Shenmen 神门**



**Spleen 6**  
**Sanyinjiao 三阴交**



**Liver 3**  
**Taichong 太冲**



**Pericardium 6**  
**Neiguan 内关**



Here are more acupressure points and how to find them. Look at where the finger is placed. These are the points you need to stimulate.

**CV 17**  
**Danzhong 膻中**



**GV 20 Baihui 百会**



Make sure not to rush when doing acupressure. Take deep breaths and relax as you are doing it. Try to make it a habit by doing it daily. It will be better if you do it in a private and relaxing space where you can fully relax.



## CHAPTER VI

# Herbal Remedies for Anxiety



TCM herbs can be used to restore emotional balance and soothe anxiety:

- **Suan Zao Ren (Zizyphus Seed):** Nourishes the Heart and calms the Shen.
- **Bai He (Lily Bulb):** Moistens the Lungs and soothes emotional tension.
- **He Huan Pi (Mimosa Tree Bark):** Relieves Liver Qi stagnation and uplifts mood.
- **Long Yan Rou (Longan Fruit):** Tonifies Blood and supports emotional stability.



## CHAPTER VII

# Final Tips for Managing Anxiety Naturally



By addressing the root causes of anxiety through TCM principles, you can achieve a calmer mind, improved emotional resilience, and overall well-being.

- Maintain a **regular routine** to create stability in daily life.
- **Avoid overstimulation** from screens and excessive noise before bedtime.
- Engage in mindfulness practices like **deep breathing, meditation, or Tai Chi**.
- **Spend time outdoors** and connect with nature to reduce stress.

## CHAPTER VIII

# Activity 1: Tear Out Page for Anxious Days



The next pages are called tear out pages. Print the next few pages of the ebook and cut out the different inspirational quotes which you can post around your space — your mirror, your refrigerator, your computer monitor, your closet, or wherever else you want to see it!

You can also keep it in your planner but we recommend having them around your house or apartment to give you the constant and consistent motivation.



“

“You don’t have to control your thoughts. You just have to stop letting them control you.”

– Dan Millman

**“LET GO OF  
ALL THE  
THOUGHTS  
THAT  
DON'T  
MAKE YOU  
STRONG.”**

“You are not your anxiety. It is just a part of you, not all of you.”

**“ANXIETY HAPPENS WHEN YOU  
THINK YOU HAVE TO FIGURE  
EVERYTHING OUT AT ONCE.  
BREATHE. YOU'RE STRONG. YOU  
GOT THIS.”**

**"TENSION IS WHO YOU THINK YOU SHOULD BE.  
RELAXATION IS WHO YOU ARE."**

**– CHINESE PROVERB**

One day at a time.  
One moment at a  
time...

**"CALMNESS IS  
THE CRADLE OF  
POWER."**

**– JOSIAH GILBERT  
HOLLAND**

**"ALMOST EVERYTHING WILL WORK  
AGAIN IF YOU UNPLUG IT FOR A FEW  
MINUTES, INCLUDING YOU."**

**– ANNE LAMOTT**

**“Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.”**

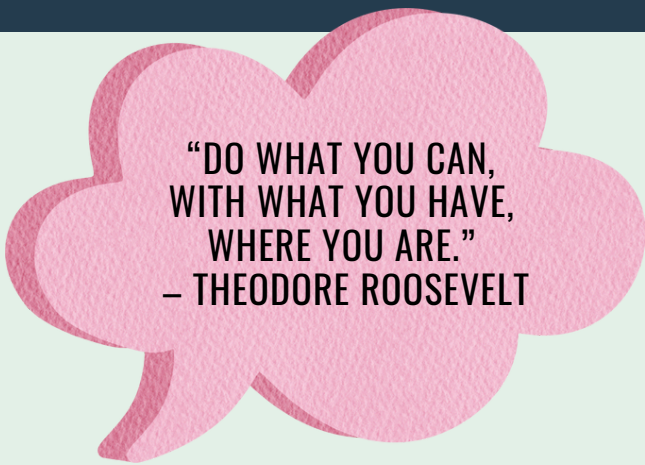
**– William James**

**“YOUR MIND WILL ANSWER MOST QUESTIONS IF YOU LEARN TO RELAX AND WAIT FOR THE ANSWER.”**

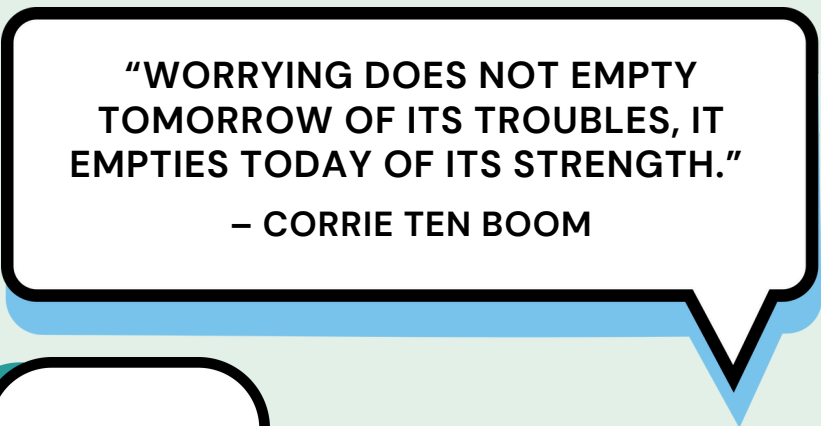
**– WILLIAM S. BURROUGHS**

***“YOU DON'T ALWAYS NEED A PLAN. SOMETIMES YOU JUST NEED TO BREATHE, TRUST, LET GO, AND SEE WHAT HAPPENS.”***

**– MANDY HALE**



**“DO WHAT YOU CAN,  
WITH WHAT YOU HAVE,  
WHERE YOU ARE.”  
– THEODORE ROOSEVELT**



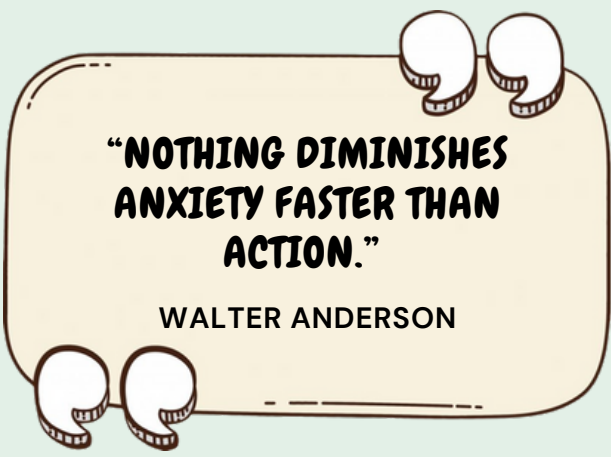
**“WORRYING DOES NOT EMPTY  
TOMORROW OF ITS TROUBLES, IT  
EMPTIES TODAY OF ITS STRENGTH.”  
– CORRIE TEN BOOM**



**“TAKE A  
DEEP  
BREATH.**

**INHALE  
PEACE.**

**EXHALE  
WORRY.”**



**“NOTHING DIMINISHES  
ANXIETY FASTER THAN  
ACTION.”**

**WALTER ANDERSON**

## CHAPTER VIII

# Activity 2: Soothe With Sounds



Incorporating music into your routine can be a powerful tool for alleviating anxiety.

A study conducted by Mindlab International identified several songs that significantly reduce stress and promote relaxation. Here are ten songs known to help ease anxiety.

Including these songs into your daily routine, especially during moments of heightened stress or anxiety, may help promote relaxation and improve overall well-being.



## **"Weightless" by Marconi Union**

This track was specifically designed in collaboration with sound therapists to induce a deeply relaxed state.

## **"Electra" by Airstream**

A soothing composition that helps slow the heart rate and lower blood pressure, contributing to a sense of calm.

## **"Mellomaniac (Chill Out Mix)" by DJ Shah**

This ambient track creates a tranquil atmosphere, aiding in stress reduction.

## **"Watermark" by Enya**

Known for its calming melody, this song promotes relaxation and mental clarity.

## **"Strawberry Swing" by Coldplay**

With its mellow rhythm and uplifting tones, this song can elevate mood and reduce anxiety.







## **"Please Don't Go" by Barcelona**

A gentle and soothing track that helps ease the mind and alleviate stress.

## **"Pure Shores" by All Saints**

This song's serene melody fosters a peaceful mental state.

## **"Clair de Lune" by Claude Debussy.**

A timeless classical piece known for its gentle, flowing melody that encourages relaxation and emotional balance.

## **"Canzonetta Sull'aria" by Mozart**

A classical piece known to enhance relaxation and reduce stress levels.

## **"We Can Fly" by Rue du Soleil (Café Del Mar)**

An ambient track that promotes a sense of peace and tranquility.

## CONCLUSION

# What's next?

We hope this guide has been helpful to you. From incorporating a holistic approach with diet and even exploring how Traditional Chinese Medicine can be incorporated into your lifestyle, these tips will surely be a step towards beating anxiety.

Remember, there's no one-size-fits-all approach. Find what works for you and consult a healthcare professional for personalised guidance.

If you're in Ireland and interested in exploring acupuncture and other Traditional Chinese Medicine techniques as part of your anxiety management plan, consider contacting us at Li Duggan Acupuncture and Traditional Chinese Medicine. If you're not in Ireland, we also offer video consultations.

Our team of experienced practitioners can provide a personalised consultation to discuss your specific needs.



# Thank you and see you soon!

## **Foxrock Clinic**

Opening Hours

Wednesday: 10am–Flexible

Friday–Saturday: 10am–Flexible

Address

Grange House,  
94 Foxrock Avenue,  
Co.Dublin,  
D18N220



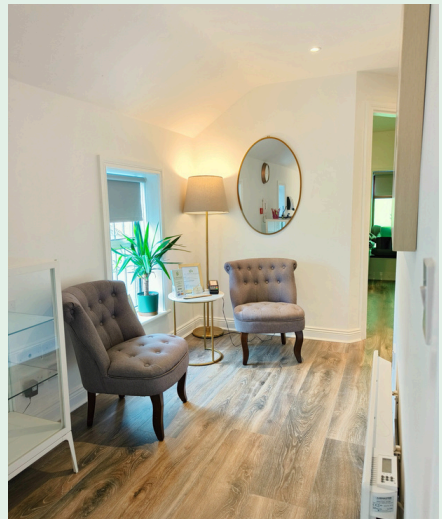
## **Delgany Clinic**

Opening Hours

Tuesday: 10:30am–Flexible

Address

Li Duggan Acupuncture  
Delgany Village  
Co. Wicklow,  
A63DK11



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