



Your Daily Practice

Episode 16

Holistic Approaches for Anxiety with
Integrative Psychiatrist Dr. Ellen Vora

How do you practice a holistic approach to management of anxiety? How might your mood benefit from incorporating lifestyle and psych-spiritual practices? When we take a whole person personalized approach to health, we feel better understood and our lives are enhanced. In today's daily practice, we take an integrative approach to balance our body, emotions, mind, and spirit.

Five Holistic Practices for Balance:

1. Dial in your sleep. Create an evening ritual that helps you wind down. Review the Dr. Nedra Tawaab digital distractions portion of the boundaries episode to learn some tricks to set boundaries with your phone.
2. Diversify your microbiome. Get your hands dirty in the soil, hug your pets, and introduce some fermented foods into your diet (e.g., sauerkraut, sourdough, and kombucha).
3. Get rid of chemicals that may be messing with your hormones. Ditch the lotions, plastics, cleaning supplies that have estrogen disruptors in them.
4. Tune in to uncover true anxiety. Is there something that your anxiety is trying to communicate to you? What information do you need to heed?
5. Find a way to get engaged in your life. Take the spinning energy of anxiety and turn it toward what you care about. Anxiety is a paradox, often you need to do the opposite of what your anxious thoughts are telling you, to get unstuck.