

# STRESSBUSTERS

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<b>ACONITE</b>	<b>ARG NIT</b>	<b>ARNICA</b>
shocked and frightened	performance anxiety	trauma from accidents
scared panicked and freaked out terrified of dying	apprehension, dreading ordeals eg exams performance anxiety agoraphobia claustrophobia, fear of flying	trauma from surgery, accidents, rushing about or overexerting the body
Panicked, terrified freaked out Frightened of dying Highly anxious and timid after a scary incident	Feels anxious, trembles, needs to walk about to calm down. Lack of confidence about success. Diarrhoea and flatulence from anxiety. Sore throat and hoarseness eg in teachers and performers	Feels sore, aching and bruised Can hardly stand or walk, wants to lie down Distressed from overdoing it
<b>ARSENICUM</b>	<b>COCCULUS</b>	<b>COFFEA</b>
irritable and stressed	sleep deprived	overstimulated and wired
mental stress from being a perfectionist health worries for self and others	sleep deprived from mental strain or worry, shift work or long distance travel	from concentrating too hard eg computers, driving long distances, from stimulants or hearing exciting news
Irritable, anxious, restless, pacing about, or moving a lot in bed Symptoms often start or worse at night Physical stress from upset stomach or food poisoning	Working late, caring for others or nursing the sick. Body clock unbalanced. Forgetful, anxious, tired and confused. Nervous and dizzy. Travel sickness with vomiting.	Feeling hyped, unable to calm down, even hysterical Sleepless despite mental and physical exhaustion Oversensitive to many things including smells
<b>GELSEMIUM</b>	<b>IGNATIA</b>	<b>KALI PHOS</b>
dreading events	grief and loss	exhaustion
hearing upsetting news dreading events like exams, being on stage, going to a dentist or doctor	bereavement and loss being humiliated at work oversensitive, moody, uptight not speaking	working too hard, overburdened physical and mental exhaustion
Cannot function physically or mentally, easily distracted, difficulty concentrating or talking coherently Trembling from fear or anxiety	Moods often up and down Irritable, tendency to sigh Unable to speak about event Does not want consoling Wants to be alone Sore throat or lump sensation	Irritable, despondent when asked to do anything Wants to go home or wants space away from family Sleepless from worry
<b>NUX VOM</b>	<b>PHOS AC</b>	<b>STAPHYSAGRIA</b>
irritable and stressed	apathetic	wounded
self induced stress from overwork, demanding of self and others, overeating or drinking hangover	working/studying too hard grieving from breakup, loss, homesickness apathetic, cannot think wants to be alone	bullied, criticised or humiliated wounded, insulted or violated, indignant
Irritable Driven and fastidious Excessive partying and use of stimulants like coffee and alcohol Prone to gut complaints	Thinking slow, says little, exhausted Becomes sick with stress and grief, and may become dehydrated from fluid loss	Moody and indignant with anger held in

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