



# Reducing Anxiety through Reiki &

# 40,000,000


Forty Million people over the age of 18 in the US are affected with an **ANXIETY DISORDER** each year! It is the most common mental health condition in the United States.



## How much do you know about Anxiety?

**Raise your hand if you think a statement is **TRUE****

1. Anxiety is the number one form of mental illness in the United States. **True**
2. Approximately 10% of teenagers and 40% of adults suffer from an anxiety disorder of some kind. **True**
3. Anxiety disorders are often accompanied by other disorders like DEPRESSION or SUBSTANCE abuse. **True**
4. Anxiety is often present in eating disorders and ADHD. **True**
5. Phobia related disorders are a type of anxiety disorders. **True**
6. In the DSM-V PTSD is categorized as an anxiety disorder **False**

A watercolor illustration of a mountain landscape. The scene features a large, craggy mountain peak in the background, rendered in shades of blue, green, and grey. In the foreground, a vibrant blue lake reflects the sky, and a waterfall cascades down a rocky slope on the right side. The overall style is soft and artistic, with visible brushstrokes and blended colors.

# There are 7 types of Anxiety Disorders in the Diagnostic and statistical Manual of Mental Disorders (DSM-IV)

1. **Generalized Anxiety Disorder**
2. Panic Disorder
3. Phobia Disorders
4. Separation Anxiety Disorder
5. Selective Mutism Disorder
6. Social Anxiety Disorder
7. Substance/Medication induced anxiety

## What is General Anxiety Disorder (GAD)

**Generalized Anxiety** consists of chronic, exaggerated, consuming worry and the constant anticipation of disaster.

It does not cause affected people to avoid stressful situations, but they live in a constant state of anxiety that makes it difficult to accomplish many tasks.

It appears earlier in life and develops more slowly than the other anxiety disorders.



A watercolor illustration of a hand holding a green leaf. The hand is rendered in warm, earthy tones of brown and orange, with visible brushstrokes. The leaf is a vibrant green with detailed vein patterns. The background is a soft, light blue and white wash with some darker, textured areas, suggesting a natural, outdoor setting.

## Generalized Anxiety Disorder Symptoms

GAD is diagnosed when at least three of the following symptoms persist for **6 months or longer**:

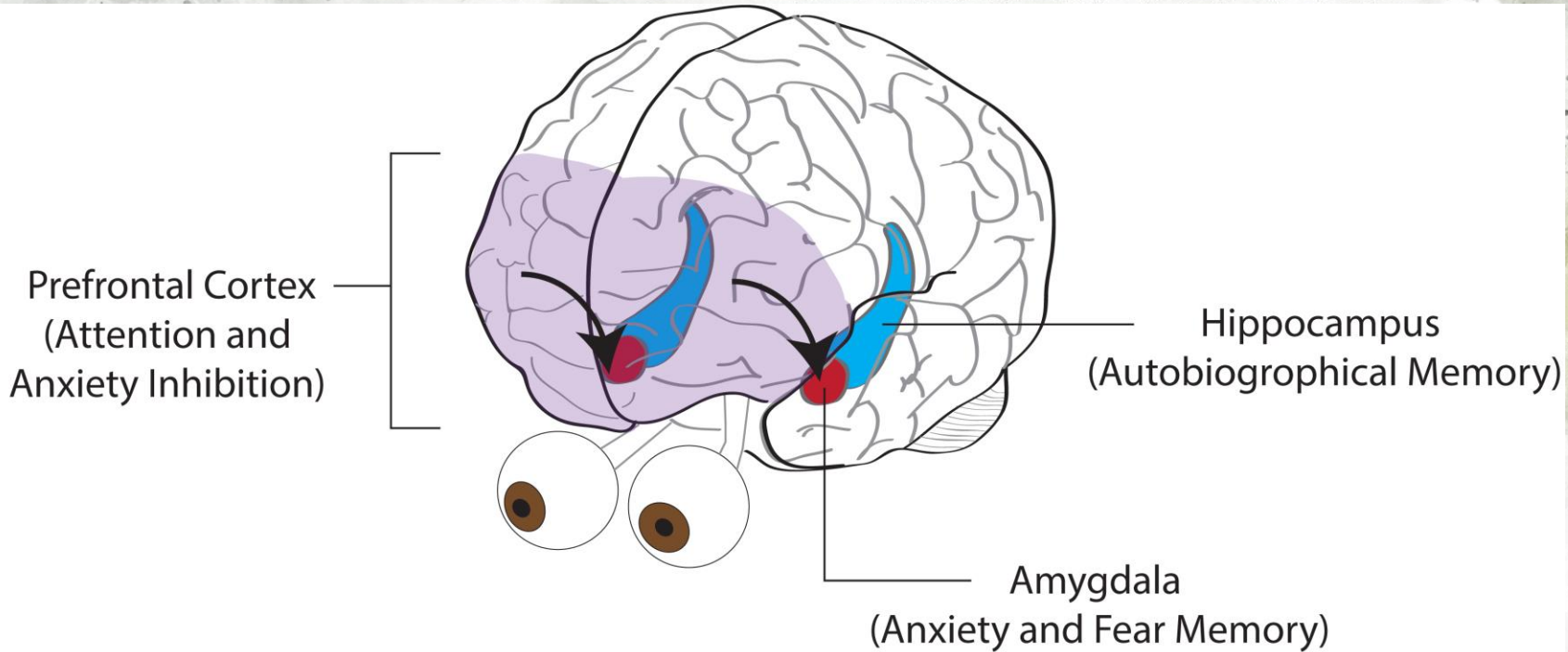
- Restlessness or a feeling of being on edge
- Easy Fatigability
- Poor Concentration
- Irritability
- Muscle Tension
- Difficulty Controlling the Worry
- Sleeping problems



# What Causes Generalized Anxiety

Anxiety is a **complex** disorder and involves many factors in determining a cause.

- Biological and Environmental factors such as early **childhood trauma** and **abuse**, can contribute anxiety disorders later in life.
- Differences in brain chemistry (Serotonin, Norepinephrine & Dopamine)
- Unrecognized medical conditions such as (Diabetes and Depression)
- Substances that induce anxiety – Thyroid meds
- Genetics







# Generalized Anxiety Disorder

## Indications

- Anxiety
- Pain Relief
- Sleeping better
- Coping with stress

## Contraindications

- None
- Risks: history of physical or sexual abuse
- It is vital that clients feel safe and in control of their massage.

## Accommodations

- Be flexible to working through clothing and with another person in the room
- Keep office door open
- Great Communication



## Treatments for Generalized Anxiety

- Medication
- Cognitive Behavioral Therapy
- Massage
- Complimentary Modalities
  - Reiki



## What is Reiki?

- a Japanese healing technique that taps into our innate ability to offer healing and comfort through the palms of your hands.
- Once **attuned** to Reiki, you can channel this healing energy through your hands to your client. Much like using a hose to channel water through it.
- You are not using your own energy, you are simply attuned to it and allowing it to flow through you to your client. It is like charging a battery.
- Reiki can never hurt you, and anyone can learn how to do it. It is not associated with any belief systems and the subtle energy can reduce pain and anxiety.



## How Reiki and Massage Reduce Anxiety

### Reiki

- Assists in self-healing
- Reduces pain
- Relieves Nausea
- Improves Fatigue
- Reduces Anxiety
- Helps with Sleep
- Reduces Cortisol
- Increases Dopamine

### Massage

- Calms the body's senses
- Alleviates Anxiety Symptoms
- Reduces Anxiety
- Reduces Cortisol
- Increases Dopamine



Thanks for Listening  
Any questions?