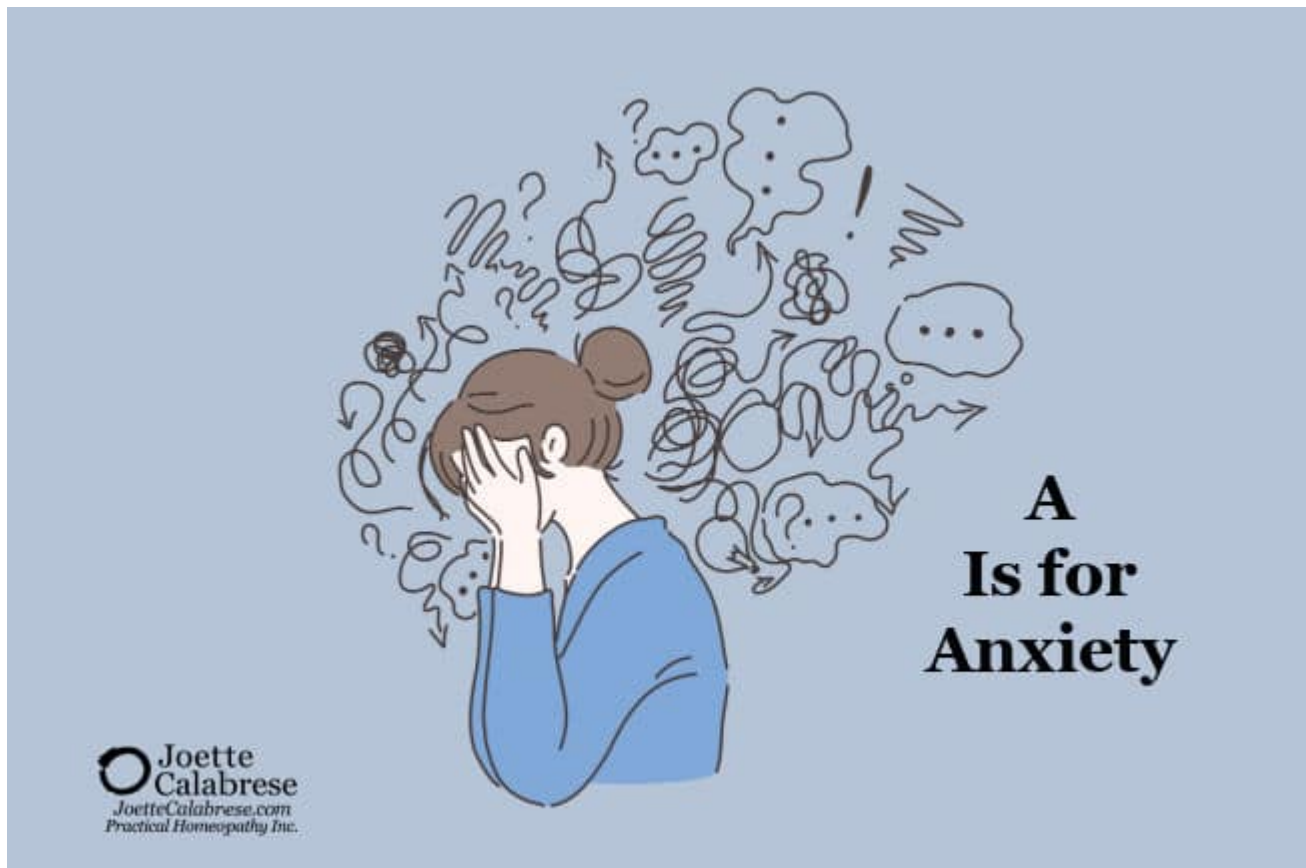


# A Is for Anxiety: Coping with the New Year



When a New Year dawns, we're awash in resolutions and aspirations – some new and some left over (unaccomplished) from last year. Indeed, we put a lot of pressure on ourselves, as though a new calendar has magical powers to change our status quo.

If that isn't enough to cause anxiety, I don't know what is.

Believe it or not, my plan is always to keep these blog posts short – not short on information, but rather short in length so that I don't take up too much of your busy day as mothers, grandmothers and fathers (or now, even health care professionals).

So here you go ... short:

## **A is for anxiety.**

Well, despite my best intentions, I can't make this post quite that short. However, I do think I've landed on a quick and easy way to remember the homeopathic medicines that can help with anxiety, angst and even anguish.

The letter A is the linchpin because all of those "A" conditions are ameliorated by medicines that also begin with the letter A.



## ***Aconitum napellus* for the mind that fears.**

Our first homeopathic mainstay for anxiety, angst and anguish is *Aconitum napellus* (or *Aconite*, for short). *Aconite* is the first-line remedy for shocking events.

By their very nature, we can't predict when something shocking will occur, so it's best to be prepared at all times by always keeping *Aconitum* close at hand. In fact, I keep it with me at all times, as discussed in [Emergency Remedy Series: Aconite in My Purse](#).

*Aconite* stops the uncontrollable anxiety experienced right after a trauma and brings the person back to themselves. In acute cases (emergencies), [Aconitum 200C](#) is generally used as

needed, every four hours or so, then less often as improvement ensues.

Additionally, this remedy may also be utilized days after a stressful event has occurred, when the full physical or emotional manifestation of the anxiety develops.

After the holidays, many folks experience a delayed-onset meltdown from the stress of planning and implementing family occasions, dinners, parties, shopping, travel, dealing with argumentative relatives, and ...

Oh, my. Just thinking about it is enough to raise one's blood pressure.



## ***Arsenicum album* for the mind that overthinks**

Details, details, details. The details that we all must keep sorted during the holidays can weigh heavily on the mind. Whether it's travel details, packing away the Christmas decorations, going back to work, or even for [the kids going back to school](#), *Arsenicum album* has us all covered.

As I mentioned in [‘Are We There Yet?’ Travel Anxiety Meets Its Match With Homeopathy](#), the antidote to this chaotic internal voice driving an almost overwhelming urge for meticulous organization is [Arsenicum album 30C](#), generally employed twice daily, until very much better.



## ***Argentum nitricum* for the mind that's apprehensive**

In [Podcast 129 – Overcoming Anxiety and Panic Attacks with Practical Homeopathy®](#), I discussed anxiety that arises because of external triggers, such as fear of going over bridges, fear of heights or claustrophobia. Apprehension ... we've all experienced it, and some of us may even feel apprehensive about a new year.

Generally, [Argentum nitricum 200C](#), used twice a day for a few days, will help return the panicked sufferer to a state of calm. (Listen to that podcast for more specifics.)



## ***Aurum metallicum* for the mind in angst**

The holidays often stir up loneliness, loss, anxiety or frankly, depression for some. In my experience, men, especially those self-pressured to overachieve, frequently benefit from *Aurum metallicum*. However, women with those same

traits may also benefit.

I discussed this homeopathic medicine on a well-known Catholic-centric podcast. It is republished (with gracious permission, of course) on my website as [Podcast 140 – Joette Interviewed on ‘Trending With Timmerie.’](#) (The original title, appropriate to our topic here, is Depression & Anxiety: Alternative Treatment.)

For this condition, consider [Aurum metallicum 200C](#), utilized every three days until very much better. Then halt. If the condition returns, the medicine may be restarted until very much better once again.

Now, there is one more I must mention: an outlier. A medicine that’s been kicked out of the club because it doesn’t begin with an A. But, my friends, it’s equally important.



## ***Ignatia amara* for the mind that worries or is in anguish**

Certain minds run and rerun scenarios, causing worry and anxiety. I wrote about it in [The Chatter in My Head](#).

[Ignatia amara 200C](#) is a first-rate medicine for when there’s a conflict in your life, and it’s taking up too much space in your brain. Generally, utilizing this effective medicine twice daily will do the trick.

Additionally, grief surrounding the holidays is more common than we'd like to think. Indeed, December 25, 26 and January 1 are often cited as the most common days for death. (What a terrible statistic.)

So, the holidays can dredge up anguish. I speak more about it in a video I made in collaboration with Boiron. You can find it here: [Homeopathy Tip – Stress and Sleep](#).

In this case, [Ignatia amara 200C](#) would also be taken twice daily, or perhaps even more often according to severity, as *Ignatia* is our premier medicine for grief.

Well, harrumph. There goes my attempt to keep this blog post short! But I hope that by remembering “A is for Anxiety,” you will remember the homeopathic medicines that can soothe the internal difficulties often felt at this time of year.

If you enjoy this content, please share it. Also check out my [podcasts](#), [Monday Night Lives](#), and connect with me on [YouTube](#), [Instagram](#) and [Facebook](#), specifically my [reel on tension](#).

Pass on the good news of Practical Homeopathy®!

Warmly,

A handwritten signature in black ink, appearing to be 'G. Allen', with a large, stylized loop at the beginning.

P.S. If these emotional conditions are not readily improved through these generally utilized homeopathic medicines, it's likely time for a deeper dive into the topic. My course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#), will provide just that.

If you're interested, download a [free infographic](#) that includes other medicines you will learn about in the course. There's no need to suffer in the new year. Practical Homeopathy® is here for you.



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