

# study stress



**I**f you are living with students or are one yourself you'll find homoeopathy a great support to help get through study and exam times without too much stress. Don't forget to help the rest of the family with remedies if they are being affected by the general mood.

Preparing a program well in advance to care for the mind, body and spirit can minimize stress and pressure at exam time. A healthy diet and regular exercise helps reduce stress during times of increased mental effort. For optimum performance it's important to avoid foods that contribute to unstable blood sugar levels such as excesses of alcohol, coffee, strong tea, chocolate and sugary products. Digesting these foods depletes our vitamin and mineral supplies leaving us feeling increasingly lethargic, headachy and irritable.

It helps to eat regularly to avoid hypoglycaemia; try to snack on nuts, seeds and dried fruit as a healthy alternative to a sugar 'fix'. Drink plenty of water and choose revitalising or soothing herbal teas. Supplement your levels of **B group vitamins, vitamin C, calcium, potassium and magnesium** when under stress, combined with a well balanced diet.

Stock up on supplies of the following remedies to ensure a smooth preparation for exams.

**Aconite** for acute anxiety, agitation and restlessness before an event like exams or giving a presentation.

**Argent nit** is also good for "nerves" due to worry about coming events, especially appearing before an audience. Anxious, nervous, excitable, talkative, impulsive and craving sweets. Also **Gelsemium, Lycopodium** and **Silica**.

**Arsenicum** for restless anxiety, apprehension and dread anxiety in high achievers who may become overly fussy and fastidious. Their sleep becomes affected and they tend to wake between 12 and 2am with tummy upset and anxiety.

**Calc phos** suits kids who are bored and whine and complain constantly. They can't settle and roam from one thing to another. Headaches with fatigue, stomach ache and leg cramps during periods of rapid growth. Craves salty foods like fries and bacon.

**Gelsemium** is a great remedy for anticipatory anxiety when people anticipate even simple things with fear and dread. They become weary, apathetic, withdrawn and can't think. May suffer from headaches with drowsiness, heavy, droopy eyes, frequent, painless diarrhoea and restless, fitful sleep.

**Kali phos** is an excellent nerve tonic to use regularly during times of stress such as exams and performance. Include other remedies as indicated. Mental and physical despair from



excitement, overwork or worry. Headache, weakness and exhaustion in students worn out by fatigue. Humming & buzzing in the ears. Weak sight.

**Lycopodium** for a lack of courage and confidence. Great anxiety around coming exams with fear of failing, generally irritable and often sarcastic and bossy at home. Headaches from low blood sugar as a result of not eating, digestive uneasiness including 'butterflies' in stomach, diarrhoea or very loose stools, lots of wind.

**Nat mur** can be tired, resentful, pessimistic and despairing. Hammering headaches preceded by misty vision or zig zag lights especially in people who are inclined to brood and 'stew' over things.

**Nux vomica** is the classic over work remedy. Generally jittery, anxious and inclined to be hostile and pick quarrels. Poor sleep after too much rich food, coffee or stimulants or from overwork; they are wide awake between 3 – 5 am, then wakes cranky and irritable. There may be an accompanying cough.

**Ruta grav** can be helpful for eyestrain from long hours of reading and computer work. There can be a feeling of tension and weariness around the eyes.

**Silica** for difficulty concentrating and poor memory in teens who lack physical and mental stamina, they fear failure and being overwhelmed by too much work. Diligent and detail oriented.

**Sulphur** may be useful for those that talk, grunt or snore with fitful sleep and stick their hot feet out of the bed. Inclined to be lazy, absentminded and to procrastinate. They study with the music switched on, drinks lined up and mess all around them.