



# www.CenterForTheWellBeing.org

## Staying Well

### MANAGING ANXIETY AND STRESS

- KIM MUEHLBAUER - CENTER FOR THE WELL BEING
- KY WASHINGTON - MODERN GREEN GODDESS

# OUR MISSION

Provide affordable access to complementary and alternative medical services that integrate and promote the holistic health and wellness of the mind, body and spirit



## COACHING SERVICES

Wellness • Mindset  
Mindfulness • Meditation  
Stress Management

## MENTAL HEALTH SERVICES

Depression • Anxiety  
PTSD • Domestic Abuse • Addictions  
Substance Abuse Support

## HEALTH SERVICES

Ayurveda • Herbal Consultations  
Herbal & Wellness Education  
Reiki • Chakra Balancing  
Traditional Chinese Medicine

# FROM THE COMMUNITY APOTHECARY...



**Our new initiative to serve the local community during the COVID-19 pandemic**

**FREE Herbal Care Packages** are available for those in our local communities in the Washington, DC area who are in financial need due to COVID-19 or are in our **Affordable Access Program.**

**All donations for this event will go towards this initiative.**

Please make donations through our **PayPal Giving Fund**, an IRS-registered 501(c)(3) public charity, and receive a charitable tax write-off. Suggested donation: \$25

# Healthy Living in a Modern World



Ky Washington is a makeup artist, green beauty expert and holistic aromatherapist.

She is the founder of **Modern Green Goddess.**

Ky believes you can be a modern woman and still be health conscious.

She joined **Center for the Well Being** last year to help further their mission.

Ky teaches classes in aromatherapy, holistic skin care and clean makeup.



[www.moderngreengoddess.com](http://www.moderngreengoddess.com)

Just doing  
a few simple things  
can help maintain  
a healthy sense of  
self and balance



## THINGS WE CAN DO

### GET QUALITY SLEEP

- One of the most important factors to help with stress and anxiety
- QUALITY over quantity

### CREATE A PEACEFUL SPACE IN YOUR HOME

- Somewhere where you feel comfortable and safe
- Ideally, you can set it up however you like

### MAINTAIN A DAILY ROUTINE

- Keep normal schedule - bedtime, meals, bathing, exercise
- Prepare yourself as you would normally - hair, makeup, jewelry

### ADD SOMETHING NEW TO YOUR DAY

- Make it something you look forward to doing

### LIMIT EXPOSURE TO SOCIAL MEDIA AND NEWS

- Learn to enjoy quiet
- Less time on social media means more time to do something else

### CULTIVATE A SENSE OF PURPOSE

- Explore something that inspires and energizes you
- Something that ignites your passion

### ENJOY SOME HERBS!

- Add to your daily routine - quiet herbal tea time
- A ritual in the morning and/or before bed

# HERBAL ALLIES: CALMING ANXIETY AND DE-STRESSING

## CHAMOMILE

(*Matricaria chamomilla*)

- Gentle Nervine -

Extremely gentle. Calms without sedating. Commonly used with children. Used for tension, colic, inflammation, muscle spasms, indigestion



## LEMON BALM (*Melissa officinalis*)

- Nervine -

Calms without sedating, improves cognition and mood. Children and adults can use for mild mood funks, anxiety, insomnia, nervous indigestion, restlessness, inattention, mental decline, hyperactivity



## PASSION FLOWER (*Passiflora incarnata*)

- Mild Sedative-Nervine -

Sedative effects similar to Scullcap for relieving insomnia, anxiety, agitation, irritability in adults and children; gently relaxes all body systems, good for stress-induced hypertension and respiratory herbs for asthma and anxiety-provoking lung issues



## SCULLCAP (*Scutellaria lateriflora*)

- Sedative-Nervine -

Sedates the nervous system, particularly used for insomnia, anxiety, hyperactivity, agitation, sensory overload - when hypersensitive to lights, smells, sounds, touch, etc.

\*May be too sedating for daytime use; may interact with psych and pain pharmaceuticals.





- Anxiety
- Depression
- Nervous Tension
- PMS/Menopause
- Lack of Confidence/  
Inhibition

# Ylang Ylang



- Happy Oil
- Stimulates Immune System
- Depression
- Antibacterial and Antiviral
- Plays well with other oils

# Sweet Orange



# GRATITUDE PRACTICE: TUNE IN

Connect to the daily rhythms of Mother Nature • Sync with the cycles of the Sun and Moon  
Stay in-tune with the Earth

**Good Morning, Sun**

**Good Night, Moon**





- Lymphatic Drainage
- Releases Toxins
- Firms Skin
- Softens wrinkles
- Relaxes Muscles
- Tension Relief



# Facial Massage



**Thank you so much for attending our Fireside Chat!**

If you are interested in a custom aromatherapy blend for stress, anxiety or depression, please email me. You can also email me with any aromatherapy or skin questions.

Proceeds from any blends or products will be donated to **Center for the Well Being's initiative - *From the Community Apothecary.***

Now back to Kim!

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**www.ModernGreenGoddess.com**

[www.beautycounter.com/kywashington](http://www.beautycounter.com/kywashington)

go to POP UPS and select EVENT

THANKS FOR JOINING US!



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