















# Holistic Practices Offered by WellSet and Their Benefits

## Practice

 Acupressure / TCM	 EFT / Tapping	 Movement	 Self-Hypnosis
 Ayurveda	 Functional Medicine	 Myofascial Release	 Sound Healing
 Breathwork	 Guided Journaling	 Nutrition	 Yoga
	 Meditation	 Self-Actualization	

## Benefits

### Acupressure & TCM



#### What it is

Traditional Chinese Medicine (TCM) is a medical system that has been practiced for millennia to prevent, diagnose, and treat illness.

#### How it works

TCM practices such as Acupressure and Gua Sha stimulate the central nervous system and move life force energy to create balance in the mind and body to prevent disease.

#### Benefits

Relieves tension and headaches, reduces pain, nausea, sleep issues and anxiety.

### Ayurveda



#### What it is

Ayurveda is the ancient sister science to yoga that focuses on natural systems of healing. The word Ayurveda in Sanskrit translates to 'the knowledge of life'.

#### How it works

Based on the foundational belief that imbalances in the body and mind lead to disease, Ayurveda uses herbs, nutrition, massage and other practices to restore balance.

#### Benefits

Relieves mental and physical symptoms, balances hormones, and prevents disease.

## Breathwork



### What it is

Breathwork is a type of active meditation during which you intentionally change your breathing patterns to facilitate healing.

### How it works

Breathwork allows you to shift your internal state, release emotion and calm your central nervous system.

### Benefits

Reduces anxiety and depression, brain fog, chronic physical pain, insomnia and PTSD.

## ETF / Tapping



### What it is

Emotional Freedom Technique (EFT), commonly referred to as 'tapping,' combines cognitive therapy, exposure therapy and self-acupressure to quickly lower stress and emotional charge.

### How it works

Gently tapping on a series of meridian points, or acupuncture points, on the face and body while repeating statements aloud sends safety signals to the part of the brain that processes emotions and activates our stress response.

### Benefits

Lowers cortisol, which regulates the body's stress response, helping to reduce anxiety, depression, pain, cravings, and PTSD.

## Functional Medicine



### What it is

Functional Medicine looks holistically at full-system health and balance to address underlying causes of disease and promotes optimal wellness.

### How it works

Functional medicine considers how nutrition, hormones, exercise, sleep, stress, and other lifestyle factors can help reduce symptoms and optimize health.

### Benefits

Alleviates pain, digestive issues, inflammation, anxiety, burnout, insomnia and more.

## Guided Journaling



### What it is

Therapist-guided journaling involves prompts for reflection and exploration of thought patterns, experiences and belief systems for greater self-awareness.

### How it works

Writing down thoughts and experiences can help you process your emotions and understand them more clearly.

### Benefits

Reduces worry, improves productivity, and increases gratitude and self-compassion.

## Meditation



### What it is

Meditation is an ancient practice that allows you to focus your mind and come into the present moment.

### How it works

During meditation and other mindfulness practices, you observe without judgment any thoughts that may be contributing to stress or anxiety, and allow them to pass so you can return to presence.

### Benefits

Lower stress, reduced anxiety, improved focus, increased self-awareness, and better sleep.

## Movement



### What it is

Somatic movement, Qi Gong, gentle stretching, and posture practices improve spinal, muscular, and joint alignment.

### How it works

Targeted, therapeutic movement helps release tension and emotions, including stressful experiences in the subconscious mind that remain present in the body.

### Benefits

Reduced back and neck pain, protection against injury, increased energy, and improved blood flow, breathing, and range of motion.

## Myofascial Release



### What it is

Proper body alignment starts with the fascia. Injuries, stress, poor posture and flexibility can cause this connective tissue in the body to become dense and tight.

### How it works

Through the use of a foam roller or therapy ball, myofascial release lubricates the joints and reduces inflammation by breaking up density that builds up in the connective tissues.

### Benefits

Releases tension in parts of the body frequently held in fixed positions such as neck, shoulders, back and even your head; helps relieve anxiety and supports nervous system regulation.

## Nutrition



### What it is

What we eat fuels our body and affects our health, particularly the practice of consuming nutritious whole foods.

### How it works

In recent years, strong links have been established between what we eat and our gut health, immunity, mental health, and even sleep.

### Benefits

Lowers inflammation, improves immunity, prevents disease, improves sleep, lowers stress and anxiety, increases focus, and can even extend lifespan.

## Self-Actualization



### What it is

According to Maslow's hierarchy of needs, self-actualization is the highest level of psychological development, where personal potential is fully realized.

### How it works

Professional coaching, which may include breathwork, mindfulness, and guided self-reflection, helps establish goals and priorities and cultivate self-confidence to realign with your potential.

### Benefits

Helps you create more satisfaction in your career, relationships and overall wellbeing to reach your full potential.

## Self-Hypnosis



### What it is

Similar to some types of meditation, self-hypnosis guides you into a relaxed state and allows you to connect to your unconscious mind to shift beliefs and patterns.

### How it works

Using a series of verbal prompts, you are guided into a deep trance-like state of relaxation. Slowing down brain waves to the dreamlike delta and theta frequencies shifts your subconscious into a suggestible state.

### Benefits

Supports changing habits, sleep, self-confidence, anxiety and pain relief, and more.

## Sound Healing



### What it is

Sound healing is an ancient meditative practice that uses different musical implements to create healing vibrations around the body in a meditative state.

### How it works

Sound vibrations at strategic frequencies work on a cellular level to recalibrate the mind, body, and spirit.

### Benefits

Alleviates anxiety, stress, insomnia, and even physical pain.

## Yoga



### What it is

An ancient practice originating in India, yoga combines physical postures with breath and meditation.

### How it works

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength and focus.

### Benefits

Relief from physical pain and stress, improved strength and balance, and management of symptoms related to chronic disease.