

7

HOLISTIC

PRACTICES TO

Break Free

from

ANXIETY

and Self-Doubt



SAIMA MAHAJAN

INTRODUCTION



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Introduction

Embark on a journey of self-discovery and holistic healing. This guide introduces seven holistic practices designed to help you break free from the cycles of anxiety and self-doubt, promoting a life of balance and confidence, each aligned with chakra activations to enhance your energetic well-being.

Grounding Through Nature

Connection to Earth: Explore how connecting with nature can ground your emotions and provide a stable foundation for mental clarity and calm.

Techniques like walking barefoot on grass, forest bathing, and gardening not only connect you to the Earth but also stabilize your mind.

Chakra Activation: Grounding through nature primarily activates the Root Chakra (Muladhara), enhancing your sense of security and belonging to the Earth, providing a solid foundation for physical and emotional health.

Reflective Questions:

- How do I feel when I spend time in nature?
- What elements of nature make me feel most grounded?



Energizing and Movement

Dynamic Physical Activity: Incorporate physical activities that not only energize the body and mind but also challenge you to achieve excellence.

Whether it's dance, mastering a new sport, improving your yoga practice, or simply optimizing your daily walk; aim for progression and personal best.

Chakra Activation: Engaging in physical activity activates the Root Chakra (Muladhara) and Sacral Chakra (Svadhithana), promoting vitality and creativity, essential for overcoming feelings of anxiety and fostering emotional balance.

Reflective Questions:

- What physical activities am I passionate about improving?
- How do these activities affect my emotional and physical energy?



Emotional Expression Through Creativity and Curiosity

Creative Outlets for Emotional Health: Learn how engaging in creative activities such as painting, writing, or playing music can help express and process emotions, reducing anxiety and building self-confidence. Creativity is a powerful tool for exploring and resolving internal conflicts, fostering a deeper sense of self-understanding.

Chakra Activation: This creative expression activates the Sacral Chakra (Svadhithana), which is closely tied to our ability to deal with emotions and relationships, enhancing emotional insight and expression.

Reflective Questions:

- What creative activities help me express my feelings?
- How does my creativity influence my confidence and self-perception?



Mindful Consumption for Curious Minds

Mindful Eating and Information Intake: Focus on the importance of being mindful of both the food you consume and the information you absorb. Choosing nourishing foods and positive information can significantly affect your mood and energy levels, promoting better mental health.

Chakra Activation: Mindful consumption strengthens the Solar Plexus Chakra (Manipura), enhancing self-esteem and personal power, crucial for making empowered decisions and maintaining personal integrity.

Reflective Questions:

- How does my diet influence my mood and energy?
- What impact does the media I consume have on my thoughts and feelings?



Building Relationships Through Service, Excellence and Curiosity

Develop and maintain healthy, supportive relationships. Good relationships can increase your sense of belonging and purpose, reducing anxiety and building resilience against stress. Discuss techniques for improving communication, empathy, and mutual support.

Discover how service to others can ground your sense of self and expand your perspective. Volunteering or community engagement provides a strong foundation for emotional stability and can alleviate feelings of anxiety by fostering a sense of belonging and purpose.

Chakra Activation: This practice enhances the Heart Chakra (Anahata), fostering emotional connections and compassion in relationships.



Building Relationships Through Service, Excellence and Curiosity

Additionally, it activates the Throat Chakra (Vishuddha), which is crucial for clear communication and expressing your true self, confidently. Balancing the Throat Chakra helps you to speak your truth and be more assertive, which is essential for healthy relationships and personal integrity.

Reflective Questions:

- Which relationships in my life offer positive support?
- How can I strengthen these relationships to enhance my emotional well-being?
- In what ways can I improve my communication to express myself more clearly and honestly?
- How can I serve others in a way that aligns with my passions and skills?
- What local issues or causes am I curious about that I can contribute to?



Restorative Rest and mental Excellence

Quality Sleep and Relaxation: Emphasize the role of quality sleep and relaxation in mental health. Include techniques for improving sleep hygiene and practices like meditation or deep breathing for relaxation.

Chakra Activation: Quality rest and relaxation techniques not only rejuvenate the body but also clarify the mind by activating the Third Eye Chakra. This chakra is linked to intuition and mental clarity, helping to clear mental clutter and reduce anxiety through greater insight and awareness.

Reflective Questions:

- What routines help me achieve restful sleep?
- What practices help me achieve mental clarity?



Reflective Practice and Lifelong Learning

Continuous Personal Development: Encourage ongoing self-reflection and personal growth through practices such as journaling, meditation, and self-help reading. Discuss setting realistic goals and tracking progress.

Chakra Activation: Engaging in lifelong learning and reflective practices stimulates the Crown Chakra (Sahasrara), connecting you to higher states of consciousness and spiritual wisdom. This chakra activation fosters a sense of spiritual connectedness and peace, helping to alleviate existential anxiety.

Reflective Questions:

- What new knowledge do I seek?
- How does learning and reflecting expand my awareness and reduce my doubts?



WHAT'S NEXT

Stepping Into a New Future

Overcoming anxiety and self-doubt is a process of self-discovery, healing, and consistent practice. By integrating these holistic techniques into your daily life, you are reclaiming your confidence, inner peace, and emotional balance.

Next Steps:

I've created a free training to help you go beyond what's covered in this book. This session will show you how to break free from anxiety and self-doubt at the root level for lasting peace.

✨ [Watch the Free Training Now](#)

Your journey to calm, confidence, and freedom starts today!

- **SAIMA MAHAJAN**
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