

# Title: Why Is Everyone Talking About Journaling, Oils, and Tapping for Anxiety?

Anxiety used to be something we whispered about.

Now? Everyone's looking for ways to deal with it without always turning to meds or five expensive therapy sessions a week.

That's when things like journaling, using calming scents, and even tapping on your face start to make sense. These methods are showing up *everywhere*: in real clinical studies, on wellness blogs, and all over TikTok (with surprisingly chill results).

Here's the best part:

You don't need fancy gear, a yoga certification, or a Himalayan retreat. Just your hands, your nose (seriously), and maybe a notebook.

In this post, we're breaking down **why these four odd-sounding techniques are blowing up**, what the science says, and how you can try them out today.

Spoiler: your anxiety might actually chill out.

Let's dive in.

## 📱 Digital Detox: Ditch the Doomscroll

You wake up. You reach for your phone.

Before your feet even touch the floor, you're knee-deep in headlines about disasters, celebrity scandals, and a friend's picture-perfect vacation in Santorini. Meanwhile, you're still wrapped in last night's blanket, silently spiraling.

Sound familiar?

This modern morning ritual has a name “**doomscrolling**” and it's one of the fastest ways to fry your nervous system before breakfast.




Endless scrolling through curated lives, bad news, and algorithm-fed content isn't just a time-suck; it's a **silent trigger for anxiety, stress, and poor sleep**.

According to psychologist Dr. Jean Twenge, author of *iGen*, "The overconsumption of digital media is directly correlated with increased anxiety and

disrupted sleep." Translation? Your phone might be the reason you're feeling emotionally wiped out by 10 a.m.

But here's the good news: You can break the cycle. No, you don't have to throw your phone into the ocean (tempting, though). What you need is a **digital detox**. A few simple habits that help you take back control and breathe again.

### Try this mini-reset:

-  **Set a 30-minute daily social media limit.** Most phones let you do this automatically. Let tech work for *you* for once.
-  **Turn off non-essential notifications.** You don't need to know every time someone likes your meme or posts a story.
-  **Replace doomscrolling with reading, journaling, or (gasp) real-life human interaction.** Even a five-minute walk or a random chat with your neighbor can ground you way more than TikTok ever will.

And here's a bonus move that feels like pure magic:

### Create a *No Phone Zone*

Start with just two:

- During meals
- The first 30 minutes after waking up

You'll be amazed at how peaceful your mind feels when it isn't being hijacked by a thousand updates before you've had coffee.

**A digital detox isn't about cutting off completely... it's about cutting back intentionally.** It's giving your brain room to breathe, reflect, and reset. It's one of the most underrated but effective ways to reduce anxiety, boost focus, and sleep like an actual human again.

So the next time your thumb hovers over that app out of habit, pause. Ask yourself: "Do I really need this right now?"  
Or could I give myself the gift of peace?

### **Tap It Out: The Anxiety Hack That Looks Weird but Works (EFT Technique)**

Let's be honest, if you walked in on someone tapping their face while whispering, "I accept myself," you'd probably assume they'd finally cracked under pressure.

But here's the twist: they might be the calmest person in the room.

Welcome to the wonderfully weird world of **EFT (Emotional Freedom Technique)** a technique that looks like a cross between acupressure, meditation, and talking to yourself... but has serious science behind it.

It starts like this: You sit down, take a breath, and begin gently tapping on specific points on your body, starting with the side of your hand (a spot lovingly dubbed the "karate chop" point). As your fingers move from your eyebrow to under your eye, to your collarbone and even the top of your head, something shifts.

The chaos in your brain begins to settle.

Your shoulders unclench.

Your thoughts slow down.

Your nervous system finally starts to exhale.

According to researchers like Dr. Dawson Church, author of *The Genie in Your Genes*, this combination of **physical stimulation and affirming language** actually **calms the amygdala**, the brain's fear center, and **regulates cortisol levels**, the hormone responsible for stress and anxiety.

In other words, **you're literally rewiring your stress response** with your fingertips.

#### □ **Here's the Basic Tapping Sequence:**

Each point is tapped gently (with two or three fingers), about 5–7 times. You move through the following points in order:

1. **Side of the hand** (karate chop point)
2. **Eyebrow** (where the hair of your eyebrow begins)
3. **Side of the eye** (on the bone beside your eye)
4. **Under the eye** (on the upper cheek)
5. **Under the nose**
6. **Chin** (midpoint between lower lip and chin)
7. **Collarbone** (just below the hard ridge)
8. **Under the arm** (about 4 inches below the armpit)

## 9. Top of the head

While tapping each point, you say a phrase that acknowledges what you're feeling without judgment. Something like:

"Even though I feel anxious right now, I deeply and completely accept myself."

"I'm feeling overwhelmed, but I'm safe and supported."

"This anxiety doesn't define me. I'm allowed to feel calm."

These phrases act like little mental anchors, gently reminding your subconscious that it's okay to *not* be in fight-or-flight mode.

### ☐♀ **Why It Works:**

Unlike traditional talk therapy, EFT is body-based. You're not just *thinking* about your stress, you're *touching* the spots where tension lives. You're inviting your brain and body into a **calm, regulated state**.

It may sound strange, but thousands of people including veterans, trauma survivors, and high-stress professionals have reported real, lasting relief after just a few sessions.

So the next time your anxiety starts bubbling up, try this:

Find a quiet spot.

Take a breath.

Start tapping.

Talk to yourself like someone worth comforting.

Because you are.

## ✿ **Aromatherapy: Let Scents Work Their Magic**

Close your eyes.

Now imagine this: you're walking into a quiet room where the light is soft, the air is still, and the faint scent of lavender floats in like a lullaby for your nervous system.

You haven't even said a word but something inside you already feels... softer. Lighter. Less tight.

That, right there, is the secret power of **aromatherapy**.

It might seem like just “nice smells,” but your nose is far more powerful than you think. In fact, it’s directly connected to the **limbic system**, the part of your brain that controls **emotions, memory, and survival instincts**. That’s why one whiff of a calming scent can shift your mood faster than any motivational quote ever could.

In moments of anxiety, when your thoughts are spinning and your chest feels heavy, a single breath of the right essential oil can act like a reset button for your mind.

### ✿ Top Essential Oils for Anxiety Relief

These aren’t just pretty perfumes, they’re **plant-powered nervous system soothers**, backed by science and centuries of use.

- **Lavender** – The queen of calm. Known for its deeply relaxing, sleep-enhancing effects.
- **Bergamot** – A citrusy uplifter. Great for when anxiety comes with low mood or restlessness.
- **Frankincense** – Earthy and grounding. Ideal when your mind feels scattered and untethered.

In fact, **clinical trials have shown that lavender aromatherapy consistently reduces anxiety levels**, especially in high-stress environments like hospitals and therapy settings. As Dr. Mehmet Oz puts it, “Lavender is like nature’s anxiety medication without the side effects.”

### ✿ How to Use Aromatherapy for Stress and Anxiety

- **Inhale directly:** Open the bottle, bring it close, and breathe in slowly. (Yes, it’s that easy.)
- **Palm ritual:** Place one drop in your hands, rub together gently, cup over your nose, and take three deep, intentional breaths.
- **Dab and go:** Apply a small amount to your wrists, temples, or behind your ears for an on-the-go sense of calm.

### ✧ The Real Magic?

It’s not just the scent, it’s what the ritual tells your body: *You’re safe now*. Each inhale signals your nervous system to stand down. Your heart rate slows.

Your mind clears.

You're not just surviving the moment, you're reclaiming it.

So the next time your brain's in overdrive and your chest feels tight, don't just tough it out.

**Open the bottle. Breathe it in. Let nature take over for a minute.**

Sometimes, healing starts with just one breath.

## **Journaling: Get It Out of Your Head (and Onto the Page)**

Your brain is not a filing cabinet.

And yet, that's exactly how we treat it, stuffing it full of fears, to-do lists, half-finished thoughts, and "what if" scenarios... until it starts to buckle under the weight.

This is where **journaling for anxiety** steps in not as a chore, but as a lifeline. A private, no-pressure place to let the mental noise spill out, untangle your thoughts, and see what's actually going on beneath the surface.

You don't have to be a writer. You don't need poetic metaphors or leather-bound notebooks (although they're nice). All you need is a pen, a quiet moment, and a willingness to be honest.

### **Try These Gentle Prompts When Anxiety Creeps In:**

- "Right now, I'm anxious about..."  
(Let it out... everything.)
- "What's the worst that could happen? What's the best?"  
(You might be surprised by your answers.)
- "What would I tell a friend in this situation?"  
(You're probably much kinder to others than to yourself.)

The act of writing slows your racing thoughts to the speed of your hand. It activates the **logical part of your brain** and takes power away from anxiety's emotional grip. As Dr. James Pennebaker, expert in expressive writing, puts it:

"Writing about your worries helps regulate emotions and reduce stress."

It's like mental decluttering. You clear the shelves, sort through the chaos, and make space for clarity.

### 💡 **Bonus Perks:**

- **It's private.** No one's reading it but you.
- **It's judgment-free.** There are no wrong answers.
- **It's free.** Zero cost. Infinite value.

And here's the best part: when you read back what you wrote even just a day later, it often feels like hearing from a wiser, calmer version of yourself. Because sometimes, clarity isn't found in thinking harder. It's found in writing it down.

### ❑ **Final Thoughts: Anxiety Isn't a Flaw, It's a Message**

Let's set the record straight: **anxiety isn't a weakness.**

It's your body's ancient way of saying, "Hey... something feels off. Pay attention." It's a **built-in alarm system** designed to protect you not punish you.

The trick? Learn to **listen without letting it take the wheel.**

You now have a toolkit, **five** powerful, natural anxiety relief methods you can reach for anytime, anywhere:

- A **digital detox** to reclaim your peace
- **EFT tapping** to calm your nervous system
- **Aromatherapy** to reset your senses
- **Journaling** to clear your mind
- And the awareness that you are *not* broken, you're human

These aren't quick fixes. They're gentle practices. But done consistently, they can **reshape how your brain reacts to stress**, helping you feel more grounded, more resilient, and more *you*.

Try them. Stack them. Mix and match.

See what your mind responds to.

Build a routine that doesn't just manage anxiety but transforms it.

Because you deserve a calm, steady inner world.

And now you have the tools to create it.

📌❤️ **Loved this post?** Share it with someone who's been feeling overwhelmed lately.

Bookmark it for the days when your thoughts get loud.

Anxiety may still knock at your door but now, you'll know exactly how to answer.