



TCM ACUPUNCTURE

Stress, Anxiety & Insomnia

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Ongoing stress affects far more than the mind. It can disrupt sleep, digestion, hormones and emotional wellbeing, often leading to exhaustion and overwhelm.

TCM Perspective

In Chinese Medicine, stress is closely linked to nervous system regulation and the smooth flow of energy in the body. When the system is overloaded, symptoms often appear in sleep, digestion or mood.

Supportive Care

This approach may include acupuncture to calm and regulate the nervous system, bodywork to release tension patterns, auricular therapy and acupressure, and lifestyle and nutritional guidance to support recovery. Treatments aim to be grounding, calming and restorative.

What You Can Do at Home

- Create a short daily wind-down routine, even if only 10 minutes
- Limit screen time before bed and dim lights in the evening
- Focus on slow, deep breathing to calm the nervous system

Who It's For

Anxiety and restlessness

- Difficulty falling or staying asleep
- Chronic stress and burnout
- Mental and emotional overload

A gentle reset for body and mind.

