



Bach flower remedies for the Caring Professional

Some Remedies to Consider

1) Varying Approaches to Work and Life

- Vervain – enthused about our mission or cause, energetic, keep going no matter what (sometimes can't turn off at night we're so wound up)
- Red Chestnut – overconcern for the welfare of others, worry about them
- Beech – critical, intolerant, judgmental
- Pine – blame ourselves, always feel we should have done better

2) High Sensitivity

- Centaury – put the needs of others before our own, sometimes to the point of exhaustion; feel their needs
- Walnut – protection from outside opinions, upset or chaos
- Agrimony – avoid our uncomfortable feelings by joking, cheerfulness, distraction or addictive behaviors
- Holly – prone to fiery anger, suspicion, upset

3) Hopelessness

- Star of Bethlehem – for recovery from trauma, shock and loss; bereaved, withdrawn; the 'comforter of the soul'
- Elm – overwhelmed by too much to do, not humanly possible
- Oak – strong, dependable and duty bound so continue til we collapse; expect life to be hard, a struggle
- Olive – exhausted in body or mind, no reserves; loss of interest in pleasure

Questionnaire at

www.bachflowereducation.com/bach_flower_remedy_questionnaire.html