

Stress & Mental Wellness

Acupuncture-centered support for stress, emotional well-being, and everyday
resilience

A personalized, whole-person approach to feeling more grounded, supported, and
connected to your well-being.

PATIENT EDUCATION GUIDE | MELVILLE, NEW YORK

01 Understanding Stress & Mental Wellness

Stress can affect concentration, sleep, mood, energy, and physical comfort. At Reishi Wellness Center, we take time to understand how these concerns show up in your daily life and whether acupuncture may be a helpful complementary option.

Areas of support

Stress and nervous tension. Work pressure, feeling overwhelmed, difficulty unwinding, and persistent muscle tension.

Emotional well-being. Irritability, mood fluctuations, and stress-related discomfort, with appropriate referral when clinical mental health care is needed.

Mental clarity and focus. Stress-related fatigue, feeling mentally overloaded, and difficulty concentrating.

Stress-related sleep concerns. Trouble settling down at night or disrupted rest, evaluated alongside sleep habits and possible medical causes.

What acupuncture may - and may not - do

Some research suggests acupuncture may help with perceived stress or anxiety symptoms in certain populations, but evidence varies in quality and results are not guaranteed. Acupuncture is not a replacement for psychotherapy, prescribed medication, or psychiatric care.

Our goal is to provide thoughtful, supportive care alongside - not instead of - appropriate medical and mental health treatment.

02 Your Care Journey at Reishi

1. Listen & understand

We discuss your stressors, symptom patterns, sleep, daily routines, relevant health history, medications, and goals. You can share only what you feel comfortable sharing.

2. Review safety & care needs

We consider whether acupuncture is appropriate and whether symptoms warrant evaluation by a primary care clinician or mental health professional.

3. Create a personalized plan

Your licensed practitioner explains the proposed acupuncture approach, expected sensations, reasonable goals, and how progress will be reviewed.

4. Provide a calm treatment experience

Sessions take place in a supportive setting using sterile, single-use needles. Treatment is adjusted to comfort and individual response.

5. Reassess & coordinate

We review changes in stress, sleep, daily functioning, and overall well-being. When appropriate, we encourage coordinated care with your existing providers.

There is no universal number of sessions. Frequency and duration depend on your needs, response, and practitioner assessment.

03 Our Methods & Distinctive Approach

Personalized acupuncture

Acupuncture point selection is individualized according to your presentation and clinical assessment. It may be used as a complementary tool to support relaxation and symptom management.

Whole-person perspective

Stress rarely occurs in isolation. We consider how rest, work patterns, physical tension, and everyday habits interact with how you feel.

Practical self-care education

When appropriate, your practitioner may discuss gentle breathing practices, consistent sleep routines, movement breaks, and other sustainable strategies. These support - rather than replace - evidence-based care.

Respect for clinical boundaries

We do not diagnose psychiatric conditions through acupuncture alone or promise to treat severe anxiety, depression, or trauma. We recommend licensed mental health care when indicated.

Why patients may choose Reishi

Individual attention: time to understand the person, not just a symptom.

Calm environment: a treatment experience designed around comfort.

Clear communication: realistic expectations, informed consent, and progress review.

Complementary care: an approach that can fit alongside conventional medical treatment.

04 What to Expect & Frequently Asked Questions

What does a session feel like?

Very thin needles are placed at selected points. Sensations vary; some people feel mild pressure, tingling, or temporary soreness. Tell your practitioner if anything feels uncomfortable.

Can acupuncture cure anxiety or depression?

No cure should be promised. Acupuncture may be considered complementary support for some symptoms, but it does not replace evidence-based mental health assessment or treatment.

How soon might I notice a difference?

Responses vary. Some people report feeling relaxed after a session; lasting changes are less predictable. Your practitioner will reassess whether care is helping you meet meaningful goals.

Is it safe?

Acupuncture is generally low risk when performed by a qualified practitioner using sterile needles, but bruising, soreness, lightheadedness, and rare serious complications can occur. Tell us about pregnancy, bleeding disorders, anticoagulants, implanted devices, and medical conditions.

When should I seek other help?

Seek professional evaluation for persistent or worsening anxiety, depression, sleep disruption, or symptoms interfering with daily life. If you may harm yourself or someone else, call 911 for immediate danger; in the U.S., call or text 988 for crisis support.

Take the next step

Explore personalized Stress & Mental Wellness support with Reishi Wellness Center in Melville, NY. Visit reishiwellnesscenter.com to learn more or book a consultation.

Educational information only. Services and any herbal therapies should be confirmed directly with the clinic; supplements and herbs may interact with medications. This guide does not provide a medical diagnosis.