



5 Alternative Healing Modalities for Boosting Mental Health



Therapy and medication can be incredibly valuable, but sometimes we need additional ways to support the brain, body, nervous system, and deeper parts of ourselves.

Alternative and complementary approaches can offer additional pathways toward greater well-being. Some work through the body. Some support the brain and nervous system. Others create opportunities for reflection, meaning, restoration, or change.

Here are five approaches worth exploring along with a few simple ways to begin discovering what might be helpful for you.



1. Mindfulness, Meditation & Breathwork

Helping your mind and body return to the present

When you're stressed, your attention can become consumed by what already happened, what might happen next, or everything that needs your attention right now—leading to instant overwhelm. Mindfulness practices help you direct your focus away from the stressful things that you cannot control back to the present moment where you can take meaningful action if needed or where you can have a beneficial pause in your day.

Some types of mindfulness practice are: Meditation, intentional breathing, sensory awareness, breathwork, and mindful movement like Yoga. These tools can help you become more aware of your thoughts, emotions, physical sensations, and surroundings without immediately needing to change them. Sometimes something as simple as

noticing the feeling of your feet against the floor, listening for the farthest sound you can hear, or taking one slow breath can interrupt the momentum of a stressful moment.

Over time, mindfulness practices may help support emotional regulation, reduce stress and anxiety, and strengthen the connection between mind and body.

Pause & Notice

Take a moment right now.

What can you notice without trying to change anything?

See: Name three things you can see.

Hear: Notice two sounds around you.

Feel: Notice one physical sensation in your body.

You don't have to force yourself to relax or try to change anything.

Just notice.

This small practice brings you back into the present moment and out of your potentially stressful thoughts, and it's a great way to learn how to shift your focus away from worry to what is actually important right now.

Explore Further

Try incorporating a few minutes of mindful breathing, meditation, sensory awareness, yoga, or gentle movement into your day. There are many small practices like the one above that you can try for just a few minutes each day. For deeper engagement, you might consider taking a class or attending a workshop.

Understanding the high value of these practices, we have incorporated quarterly mindfulness and breathwork classes into our integrative health care ecosystem that are open to the community. If this is something you'd like to explore with us, we invite you to read more below and also try some guided meditations on our YouTube channel.

[Read more about our mindfulness classes.](#)

[Read more about our breathwork classes.](#)

[Visit our YouTube channel for several guided meditations.](#)



2. Ketamine & Transformational Care

Exploring new pathways when traditional approaches haven't been enough

Sometimes people do all the things they're "supposed" to do and still feel stuck. They may have tried therapy. They may have tried medications. They may understand why they feel the way they do, and yet depression, anxiety, trauma, or old patterns continue to interfere with their lives. For some people, ketamine-based treatments offer a successful treatment pathway when other options have not provided meaningful change.

Ketamine has been studied for its rapid antidepressant effects, particularly for people experiencing depression that has not adequately responded to conventional treatment. Other helpful effects of ketamine are how it provides deep personal insight through medicine journeys and how it helps the brain to rewire or quickly form new patterns. Depending on the treatment and the individual, ketamine care may also be paired with psychotherapy, preparation, integration, or other forms of emotional and meaning-centered support.

There are many ways that ketamine can be used such as:

- low-dose at home
- Spravato treatment (nasal spray in clinic)
- intramuscular injection in clinic

At TLC, we offer all of these methods of use along with wraparound care and guidance, depending on your individual needs. A consultation with one of our APRN providers would help determine if you are a candidate for this medicine and what type of use would be best.

Pause & Notice

Consider this question:

Where in your life or treatment do you currently feel stuck?

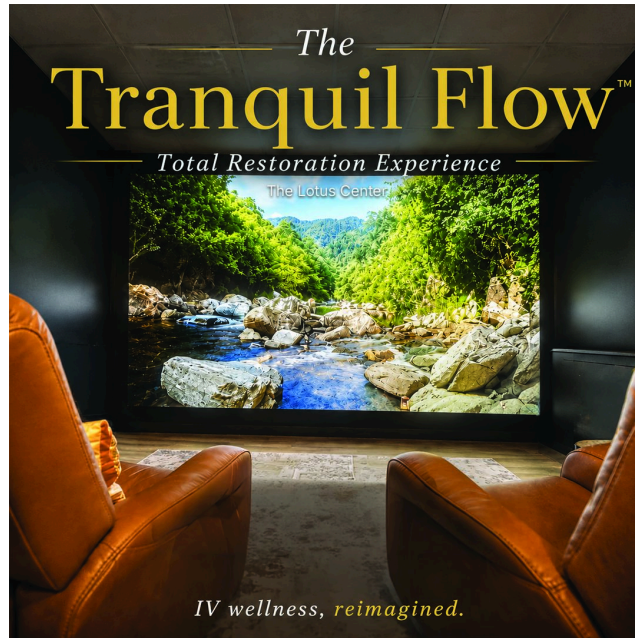
You don't need to solve it. Simply notice what comes to mind.

Explore Further

If traditional approaches haven't provided the relief you hoped for, you may want to learn more about options such as **Spravato (esketamine)** or **Ketamine-Assisted Psychotherapy (KAP)**.

Because these treatments aren't appropriate for everyone, they should always be explored with qualified medical and behavioral health professionals who can help determine whether they may be appropriate for you.

[You can read more about our ketamine therapy program here for ideas on what this type of treatment might look like.](#)



3. IV Wellness & Nutrition

Supporting mental wellness from the inside out

Your mental and physical health are deeply connected. Sleep, hydration, nutrition, hormones, movement, stress, and physical health can all influence how we feel emotionally. When we're depleted physically, we may notice changes in energy, concentration, resilience, mood, or our ability to cope with everyday stress.

Nutrition is one important part of that foundation. IV vitamin and hydration therapies are another complementary wellness approach designed to deliver fluids and selected nutrients directly into the bloodstream. Providers of IV therapy have become good at creating special formulations specifically made for performance and recovery, brain fog, rebalancing of electrolytes, and improving immunity. IV therapy can be supportive and help in restoration in very specific and individual ways.

But restoration isn't always about adding more. Sometimes it's also about giving ourselves permission to stop. Check in with yourself to determine where you might be feeling depleted or where you might require better restoration measures.

Pause & Notice

Ask yourself:

What kind of tired am I?

Am I sleepy?

Mentally overloaded?

Emotionally depleted?

Physically exhausted?

Overstimulated?

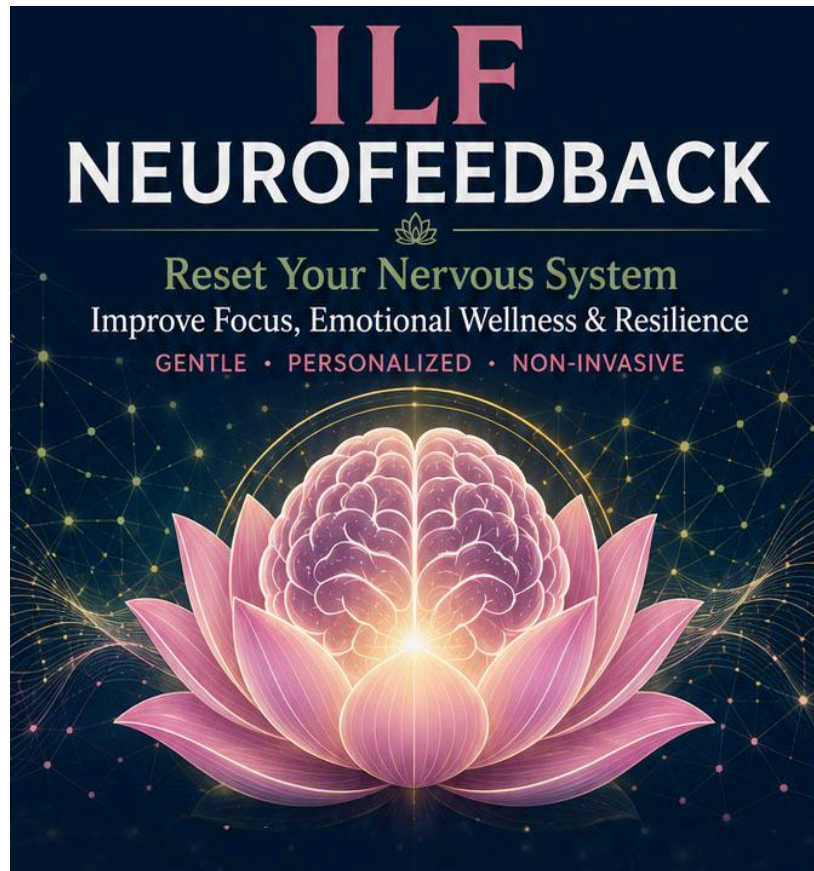
Or have I simply gone too long without allowing myself to truly rest?

Different kinds of exhaustion may need different kinds of support, and specialized support is available.

Explore Further

Start with the foundations: hydration, nourishing food, movement, sleep, medical care, connection, and periods of genuine rest.

For those interested in additional wellness support through IV therapy, TLC offers IV wellness experiences within our **Tranquil Flow™ Infusion Sanctuary**, combining IV therapy with a restorative sensory environment designed to give your mind and body space to slow down. [You can read more about that here.](#)



4. ILF Neurofeedback

Helping the brain and nervous system find greater regulation

Have you ever felt tired but wired? Maybe your body is exhausted, but your mind won't stop. Perhaps you have trouble sleeping, feel easily overwhelmed, have difficulty concentrating, or notice that your nervous system seems to remain on alert even when you know you're safe.

Sometimes these patterns aren't about a lack of effort or willpower. The brain and nervous system can become accustomed to operating in certain patterns due to past trauma or ongoing stress.

Neurofeedback is a non-invasive approach that uses real-time information about brain activity to help support the brain's natural capacity for self-regulation. Infra-Low

Frequency (ILF) Neurofeedback works with very slow brain activity and is individualized based on each person's responses and needs.

Rather than asking you to consciously "make" your brain relax, neurofeedback provides information that allows the brain to respond and adapt. [You can read more here about what Neurofeedback is and how it works](#). It's not really anything you have to focus on or try to do. You simply sit with some small electrodes attached to your head and allow the machine to send feedback to your brain through visual signals that help your brain regulate itself.

Pause & Notice

Do any of these statements resonate with you?

- My mind has difficulty slowing down.
- I feel easily overstimulated or overwhelmed.
- I have trouble settling at night.
- My body sometimes feels on alert even when nothing is wrong.
- Stress seems to stay with me long after the stressful situation has passed.
- I have difficulty concentrating or shifting gears.

These experiences can have many different causes, but they may also be signs that your nervous system could use additional support.

Explore Further

TLC offers **ILF Neurofeedback** as part of our Nervous System Health & Resilience approach. Neurofeedback can also be accessed through other organizations.

If you're curious about whether Neurofeedback might be appropriate for you, you can schedule a **complimentary 15-minute consultation** with us to learn more about how it works and ask questions before deciding whether you'd like to try it.



5. Spiritual Care, Meaning-Making & Contemplative Practices

Finding insight, connection, and meaning during life's difficult seasons

Not every struggle is a problem that needs to be fixed. Sometimes we are grieving. Sometimes our lives change in ways we never expected. Sometimes beliefs that once made sense no longer do. And sometimes we find ourselves asking questions that don't have simple answers:

Who am I now?

What matters to me?

How do I live with what has happened?

What do I believe?

What comes next?

Spiritual care and meaning-centered practices create space for these questions. Such practices might include: spiritual counseling, guided imagery, contemplative practices, ritual, drum journeys, grief work, or simply having a safe place to explore questions of identity, purpose, loss, spirituality, or transition.

The goal isn't necessarily to find the "right" answer. Sometimes healing begins by creating enough space to live the question.

Pause & Notice

Complete this sentence without thinking too hard about your answer:

Something I find myself wondering about lately is...

See what emerges. This is the beginning of a contemplative practice.

Explore Further

If you're navigating grief, a major life transition, spiritual or religious questions, existential concerns, or a transformational experience, spiritual care and contemplative practices can provide a place to explore what you're experiencing without needing to have everything figured out.

TLC offers spiritual care, integration support, grief support groups, and other opportunities for reflection and meaning-making. You might also consider trying some organized spiritual practices such as sound baths, Yoga, group meditations, grief support groups, or Death Cafe's. [You can read more about Spiritual Care program here.](#)



BONUS: What Might Your Mind & Body Need Right Now?

You don't need to diagnose yourself or know exactly what kind of help you need.

Instead, start by noticing.

If you're feeling...

Wired, anxious, overstimulated, or unable to settle

You might explore:

Mindfulness • Breathwork • ILF Neurofeedback • Nervous system support

Exhausted, depleted, or physically run down

You might explore:

Rest • Nutrition • Sleep • Medical evaluation • IV wellness • Restorative experiences

Stuck, depressed, or discouraged because treatment hasn't helped enough

You might explore:

Psychotherapy • Medication management • Spravato • Ketamine-Assisted Psychotherapy • Transformational care

Grieving, questioning, or trying to understand a major change in your life

You might explore:

Counseling • Spiritual care • Grief support • Integration • Meaning-centered or contemplative practices

Disconnected from yourself or constantly moving through life on autopilot

You might explore:

Mindfulness • Sensory awareness • Breathwork • Counseling • Restorative practices

Not sure what you're feeling—you just know something isn't right

That's okay, too.

You don't have to figure out the answer before asking for help.

Finding Your Next Step

One of the most important things to remember about mental health and well-being is that there isn't one pathway that works for everyone.

Your needs may also change over time. At one point, you may need therapy. At another, your nervous system may need support. You may need medical care, physical restoration, deeper reflection, connection, or simply a different approach than the ones you've already tried.

Alternative and complementary approaches don't have to replace conventional mental health care. Often, they can work alongside it as part of a more integrated approach to caring for the whole person.

Start with curiosity.

What am I experiencing?

What might I need?

What haven't I explored yet?

And then take one small next step.

Experience TLC

At **The Lotus Center for Healing & Wellness**, we bring together mental health care, medical care, nervous system support, transformational therapies, community wellness classes, and whole-person wellness under one roof.

If something in this guide resonated with you, our team can help you explore your options and decide what next step may make sense for you.

Call The Lotus Center: (385) 272-4292

Visit: lotuscentertherapy.com

You don't have to know exactly where to begin.

Curiosity is a perfectly good place to start.