

Essential Oils

FOR STRESS MANAGEMENT



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Stress...

It's become a common thing in every household, no matter what your situation is. We stress over time, money, work, relationships, even what we're going to eat or what workout we're going to do, and just about everything else. It's almost undeniable that every one of us will have a stressful moment in our day, whether we're going to work, on a vacation or just taking a break to eat lunch. It doesn't matter how many times we've said, I'm not going to stress today...

We have become stressed to the point that most of us are living in "fight or flight" mode. And that's not the way it should be. We weren't designed to be in complete worry every moment of time, ready to attack. Living in this fearful state consistently, is a leading cause of some major illnesses.

HOW CAN WE MANAGE STRESS?

There are many ways to do this including breathing, meditation, yoga, journaling, saying NO more often, and being intentional. But one of my favourite, easy ways to manage stress is using essential oils and we'll get a little background info on them first.

Essential oils are volatile compounds naturally occurring in certain plants. They are extracted from seeds, flowers, bark, resins, leaves, rinds, and roots. The most effective, therapeutic, pure essential oils are distilled using either steam distillation or cold pressing.

When shopping for essential oils, be sure you're getting therapeutic grade brands. If you plan to use them internally especially, I only recommend the highest quality oils. You can research different brands to see which are acceptable for internal use. I also recommend the highest quality oils even if they are being used topically or aromatically.

ESSENTIAL OIL USES

Aromatic: Diffuse by putting 4-8 drops in a diffuser to spread the oil(s) throughout the room. You can also inhale a couple of drops from cupped hands or even from the bottle.

When using oils aromatically, they trigger the olfactory nerve which is the quickest way to send signals to the brain. Using essential oils aromatically may be the best way to manage and reduce stress levels.

Topical: Apply oils directly to the skin, do not do this with any hot oils such as oregano. If you have sensitive skin or are using a hot oil, dilute it with a carrier oil such as fractionated coconut oil, almond oil, jojoba oil or any other.

Using oils topically is very beneficial as well, either on the bottom of feet or on the back of neck when it comes to managing stress.

Internal: Put oils in an empty capsule and take with water or add 1-2 drops to your favorite drink. If you're willing to get risky, you can place a drop under your tongue for rapid absorption.

In terms of managing stress, there are certain oils that are great to take internally that may stimulate neurotransmitters and the endocannabinoid system.

******Most brands of oils are not safe for internal use. Be sure yours has undergone strict gas chromatography and mass spectrometry to ensure purity and chemical soundness. If it is recommended for internal use, it will be stated on the bottle.

The great thing with essential oils is that you have a choice of how you want to use them and what you think will work best for you. You can always reach out to me for support on determining how you should use them.

WHAT ESSENTIAL OILS ARE BEST FOR STRESS MANAGEMENT?

Below you will find some great essential oils that help with stress management and even busting you out of that stressful state in the matter of seconds.

Lavender: Most people have heard of Lavender, possibly not realizing one of it's best sources is as an essential oil. Lavender is often used in soaps and lotions because of it's calming properties.

Using it in a diffuser mixed with other calming oils can be a great way to release stress from the day. See diffuser blend below.

Lavender can also be used in a bath. Are you ready to escape for a bit, whether it's before bed, on your day off or once the kids are off to school and you've got a bit of time for yourself? Add 5 drops of Lavender and 1 cup of epsom salt to your bathtub and be ready to wash the stress away. Light a candle and grab a cup of tea and your favorite book to top this self-care time off.

We're not done yet! You can also rub 1-2 drops on your temples. And then add a drop of Lavender to that cup of tea. Bye bye stress.

Well-Rested Diffuser Blend

2 drops Lavender

2 drops Cedarwood

2 drops Frankincense

Frankincense: Have you heard of Frankincense? He is the King of oils! I mean if you have anything going on and not sure what oils to use, go for Frankincense. As us oil users like to say, "When in doubt, Frank!!!"

So of course, he would be there for you when stress levels are a little high or even a lot high. We know what that's like. Life as we know it consists of running around 24x7, more things on the list to do than we have hours in the day. This doesn't have to be the case, but we can talk about that another day.

Instead, let's talk about how Frankincense can help you out while you're going through the storm. The calming scent of Frankincense can help ease the mind and provide relief from mental stressors.

Thanks to its anti-inflammatory properties, it also contributes to mood, well-being and health overall which can reduce stress. When our health has been affected and we are mad at the world, we are bound to experience some types of stress. So all around Frankincense can target these areas which will lead to less stressful moments. Hallelujah!!

So grab your diffuser and add a few drops of this amazing oil or even grab the bottle and Inhale... Aaaaah feels so good. Find a great diffuser blend below. You can also place a drop under your tongue if you are using a brand of oils that is ok to use internally. Ingesting Frankincense is heavenly - well not necessarily the taste, but the benefits will blow your mind. If you're not ready for that, rub some on the back of your neck and pulse points and then just sit back, relax and be thankful for a stress-less moment.

Peace and Calm

3 drops Frankincense
3 drops Lavender
3 drops Cedarwood

Rose: Oh Rose oil, where have you been all my life? You'll be asking this once you've tried it. Rose has the highest frequency of any other essential oil. Because of this, it is known to turn bad times into good ones. It is not a cheap oil, but thankfully bottles of essential oil last a long time. But be warned before you go searching to buy a bottle.

Rose oil will uplift your spirits and bring about feelings of love, care and comfort. One whiff of this beautiful oil and your whole world can turn around. When feeling stress of not feeling loved or wanted by anyone or feeling like you just don't fit in anywhere, Rose is your girl. Actually, she is the Queen of oils! Pair her up with the King and you'll be flying on a magic carpet ride.

You can wear it as your very own perfume - just roll it on your neck, chest and wrists and inhale the amazing uplifting aroma all day long. You can also Diffuse a few drops in a diffuser and let the aroma flow throughout your house. Let the scent rise up and take the stress away from everyone around you.

Positively Loved

2 drops Rose
3 drops Orange
2 drops Lavender

Grounding blend: Many brands carry a grounding blend that has a woody aroma created by a mixture of oils that may include Spruce, Frankincense, Blue Tansy, Ho Wood, Chamomile. This blend is my personal go-to every morning to get me centered and ready for the day. Knowing how stress is almost always going to happen, I make sure to use this oil to set myself up in a way that I will be able to handle the stress and get through it without experiencing any sort of panic attack.

There are many ways to use this oil, but my personal routine is to rub it on my feet, neck and wrists as soon as I hop out of bed. I then add it to my diffuser with some Wild Orange and Peppermint to boost my mood and energy and give me a natural high. There's nothing better than a high that is legal and you won't get into any trouble for.

Using a grounding blend on your pulse points and temples can also provide great relief.

Wild Orange: This is an oil that can do so much, like for real. Not only does it help reduce stress levels, but it will cheer you up and enhance your mood as soon as you open the bottle.

Many of us find stress in the midst of lack. If you're someone who lives with a scarcity mindset, Wild Orange can lift that mindset into an abundance mentality. Wouldn't that be amazing?

Wild Orange can be diffused, applied topically as a perfume or ingested internally (if it is a reputable brand and is stated on the bottle). For diffusing, use 5-10 drops or inhale 1-2 drops from cupped hands.

Adding 1-3 drops to water will be sure to spike your energy, give you some high vibes and it will encourage you to drink more water which has the potential of taking a little stress off your shoulders.

Pure Abundance

4 drops Orange

2 drops Peppermint

Sandalwood: Oh Sandalwood, take me away. Imagine yourself lying on the beach in complete peace, just you, the sand waves crashing and the sun shining on you. Yes, that's what Sandalwood does, makes you feel like you're in that place and the smell will help you feel that way as it reminds you of the sunscreen you would cover your body in. Just breathe and let it take you away.

Just thinking about it, all your stress is gone, right? Sandalwood has properties that take your mind off of everything and just puts you into this magical place where nothing could go wrong. It's main properties include being an antidepressant and a calmative - meaning it calms you. I'll take it!!

One of the best ways to use Sandalwood is during a meditation practice. Just apply a drop to temples before getting into your groove. Honestly, when I use it during meditation, I never want to come back to life. Try it, see how it works for you. Sandalwood is a stabilizing oil that grounds one to a higher consciousness and sense of spirituality. You're bound to let go of all your stressors when using this clean and beautiful smelling oil.

Ocean Vibes

4 drops Cypress

3 drops Lime

2 drops Sandalwood

Copaiba: This last one is a hard one to find and only certain brands source it, but it's so worth getting your hands on some.

Copaiba has changed my life. If you're into CBD, you'll love this oil. It actually has some benefits that CBD doesn't. Most importantly, it helps soothe anxious feelings as it calms the nervous system. The main component in Copaiba is beta-caryophyllene, a chemical similar to cannabinoids found in cannabis that may protect nerve cells and have benefits for the cardiovascular and immune systems.

Copaiba can be used in many ways. With its woody scent, it smells great when diffusing and can even be applied on the bottoms of feet, up and down the spine, or sip it in your favorite cup of coffee or tea. Roll it on the bottoms of your feet with some lavender as you're hopping into bed and take a drop under your tongue, in a drink or in a veggie capsule and look forward to some of the best sleep you've ever had.

I Am Well

3 drops Copaiba

2 drops Frankincense

2 drops Sandalwood

WHAT'S NEXT?

It's time to say goodbye to stress! That does take some work but using these essential oils will definitely get you on the right path.

Stress is no joke and we all wish it would just go away. It may not be an overnight miracle, but I'm pretty sure you'll see a difference once you've started using these oils. If you're interested in more help with managing stress, and achieving a life of wellness, please get in touch.

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Goodbye Stress!! Hello Peace!!