

STRESS, SLEEP & Emotions

Prolonged Stress and Lack of Proper Rest

→ High levels of cortisol → Wears down brain function
= Profound physical & mental effects



MENTAL

Shrinking Capacity for:

- Focus, concentration, learning
- Logical thinking
- Decision-making
- Memory and recall
- Clear speech, communication
- Imagination, creativity
- Short-term memory loss

EMOTIONAL

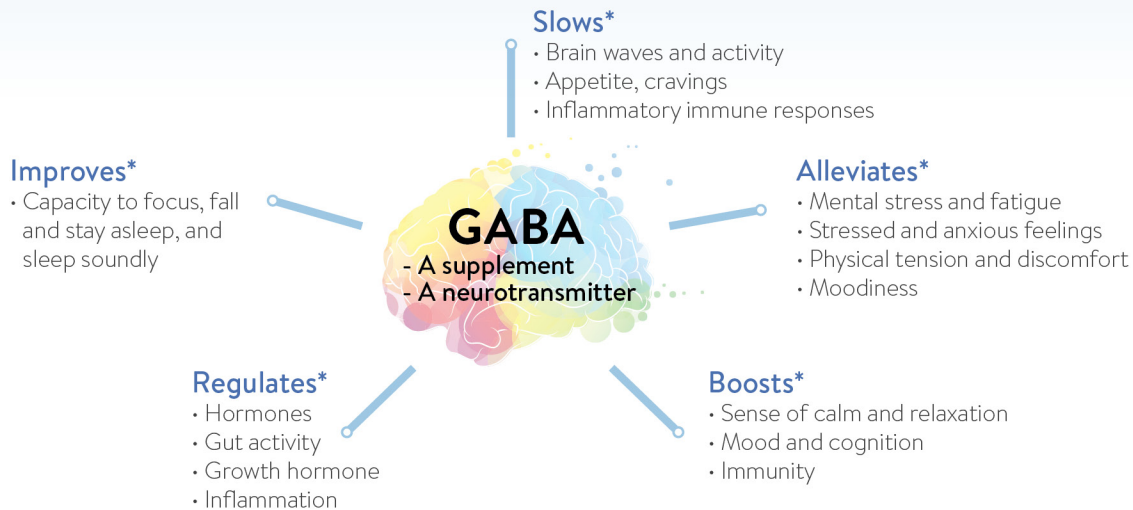
Increased Incidence of:

- Depression and anxiety
- Irritability, agitation
- Lack of motivation, apathy
- Addictive behavior
- Difficulty overcoming grief
- Excessive fears, phobic thinking
- Crying easily
- Emotional strain

PHYSICAL

Increased Incidence of:

- Head, muscle tension
- Insomnia, poor quality sleep
- Loss of muscle strength, coordination
- Disrupted digestion, elimination
- Immune compromised
- Food cravings, appetite, weight gain
- Elevated blood pressure, heart rate
- Blood sugar imbalances, blurred vision



TAKE IT*



- Eased*
- Relieved*
- Composed*
- Motivated*
- Alert*

Take to promote a sense of:

24/7

- Relaxed*
- Unwound*
- Settled*
- Rested*
- Renewed*

MAKE IT*



KEEP YOUR BRAIN IN IT'S LANE





STRESS, SLEEP & Emotions



WELLNESS Boxes



\$75
PER MONTH
60 PV

MIND & MOOD WELLNESS PROGRAM



\$140
135 PV

ADAPTIV™ SYSTEM



\$75
60 PV

SLEEP WELLNESS PROGRAM

Loyalty Has Rewards!

+ FREE OIL OF THE MONTH
(order 125 PV+ by 15th of the month)

+ FREE REWARDS POINTS
(place 50 PV+ LRP order to qualify)

+ FREE SHIPPING
(place 100 PV+ LRP order to qualify)



WHY diffuse?

Research shows **the aromas of essential oils invite positive responses** from chemical sensors in the brain.

Diffusing essential oils can promote desired effects such as a calming atmosphere or the soothing of anxious feelings.

Sample Sleep Routine

- Take 1 **Serenity®** softgel*
- Apply 1-2 drops on bottoms of feet
Serenity® + Cedarwood + Petitgrain
- Diffuse 3 drops **Lavender** or **Serenity®** with 2 drops **Balance® + 2 drops Wild Orange**

WISH list

- Adaptiv™ (3 options)
- Balance® 15mL
- Cedarwood 15mL
- Cheer® 5mL
- Citrus Bliss® 15mL
- Lavender 15mL
- Peace® 10mL Roller
- Petitgrain 15mL
- Serenity® (2 options)
- Vetiver 15mL

Ask ABOUT dōTERRA'S: • Emotional Aromatherapy Collection • Kid's Collection

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