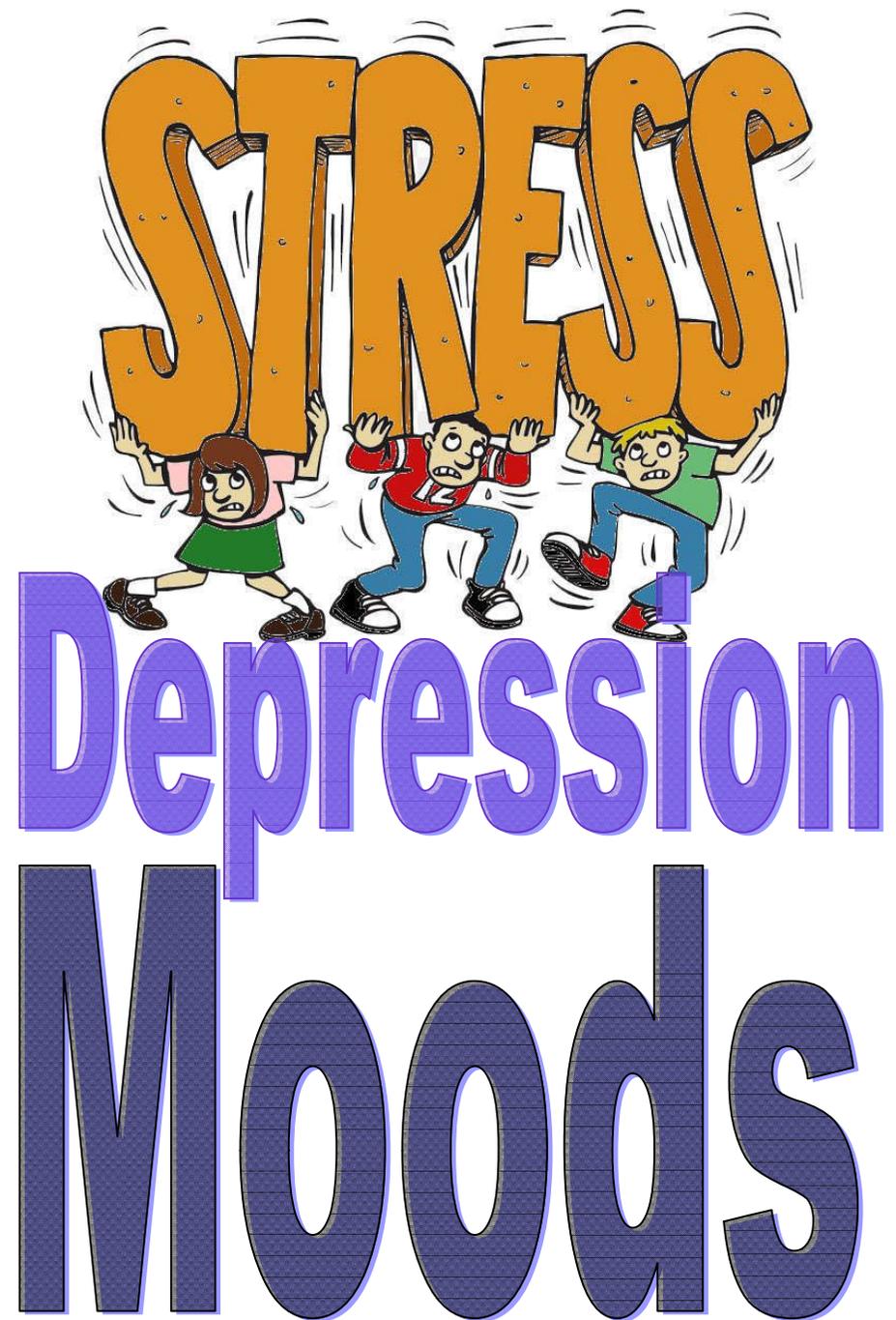


Contact:

Medical Disclaimer:

The information contained in this document is not meant to diagnose, treat, cure, or prevent any disease. The information represents what I, and other users of Essential Oils, have chosen to do to take charge of their own personal health and that of their family. Statements in this document have not been evaluated by the Food and Drug Administration (USA) or the Therapeutic Goods Administration (Australia). Products in this document are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using these products.

Information found in this document is meant for educational and informational purposes only, and to motivate you to make your own health care and dietary decisions based upon your own research and in partnership with your health care provider. It should not be relied upon to determine dietary changes, a medical diagnosis or courses of treatment. Individual articles and information in this document are based upon the opinions of the respective authors, who retain copyright as marked.



Index of Stress, Depression and Moods Ebook.

Calming anxious feelings	3
Calming anxious feelings tips.....	3
Anxious feelings and essential	3
Lavender oil	3
What other oils?	4
What is Adaptiv?	4
Tips for relieving stress	5
Rest and manage stress	8
How to manage stress	8
Quick tips for stress management	9
How can dōTERRA help?	9
Why sleep matters	9
How can dōTERRA help?	10
Quick tips for better rest	10
Conclusion	10
De-Stress your mind	11
Keep gratitude journal	12
Slow down and be present	12
Engage in regular exercise	12
Manage stress	13
Class ideas—Key stress oils	13
Frankincense, Vetiver	14
AromaTouch , Elevation	14
Lavender, Hawaiian Sandalwood	14
What are signs of depression	15
Mood management essential products	16
Invigorating blend	16
Elevating blend	17
Calming blend	18
Grounding blend	18
Hand and body lotion	19
Quick start guide to essential oils	20
Blends	21

Mood Swingers

GRUMPY

- 5 On Guard
- 5 Rosemary
- 1 Frankincense

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

MOTIVATION

- 10 drops Lemon
- 4 drops Eucalyptus
- 3 drops Peppermint
- 1 drop Cinnamon

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply over heart, wrists, or behind ears.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

BRAVERY

- 15 drops Passion
- 15 drops Serenity
- 15 drops Wild Orange

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to wrists or behind the ear.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

ACCEPTANCE

- 1 drop Myrrh
- 2 drops Frankincense
- 2 drops Cedarwood
- 2 drops Geranium
- 3 drops Vetiver

Directions: Diffuse

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

AGITATION

- 8 drops Serenity
- 8 drops Deep Blue
- 8 drops Frankincense
- 8 drops Balance
- 8 drops InTune

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to wrists or back of neck.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.



DETERMINATION

- 2 drops InTune
- 2 drops Balance

Directions: Apply to back of ears.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

Occasional Emotional Needs

DIZZINESS

- 2 drops Balance
- 2 drops Lavender

Directions: Apply behind each ear.

Normal dose is 2-3 drops of each.
Apply 2-3 times a day or more often as needed.

SENSORY OVERLOAD

- 10 drops Balance
- 10 drops Serenity
- 10 drops Frankincense
- 10 drops Marjoram
- 10 drops Wild Orange

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply on back of neck, behind ears or on bottom of feet.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

HOT MESS

- 12 drops Console
- 12 drops Serenity
- 12 drops Peace
- 12 drops Balance
- 12 drops Clary Sage

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply over heart or behind ears.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

PAIN PAIN GO AWAY

- 2 drops Oregano
- 2 drops Rosemary
- 2 drops Basil

Directions: Apply to problem area or behind ears.

Normal dose is 2-3 drops of each.
Apply 2-3 times a day or more often as needed.

EMPATHY

- 2 drops Balance
- 3 drops Cedarwood
- 4 drops Marjoram
- 2 drops White Fir
- 1 drop Birch

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to feet or over heart.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

EMOTIONAL RELEASE

- 4 drops Frankincense
- 2 drops Citrus Bliss
- 2 drops White Fir

Directions: Diffuse

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

17

Calming Anxious Feelings

Everybody experiences anxious feelings from time to time. But some of us worry more than others, and excess worry can interfere with daily life. Essential oils can soothe anxious feelings and help you calm worries.

CALMING ANXIOUS FEELINGS TIPS:

Take one Adaptiv Calming Blend Capsule daily to combat stress, tension, and occasional anxious feelings.*

Add three to four drops of Adaptiv Calming Blend to a relaxing Epsom Salt bath.

Roll Adaptiv Touch onto wrists and temples whenever you feel the need to gain composure quickly.

Take one to two drops of Lavender in a glass of water to help reduce anxious feelings.*

Apply doTERRA Cheer® to your wrists and neck to promote feelings of optimism.

Put a drop of doTERRA Balance on your pillow at night to promote relaxation and help soothe worried thoughts.

Anxious Feelings and Essential Oils

Feelings of unease or worry can be helpful when they motivate you to take positive actions to solve problems. But they can be detrimental if they prevent you from experiencing joy and happiness in your daily life. If you have a difficult time soothing anxious feelings, there are essential oils that can help.

Does Lavender Oil Help with Anxious Feelings?

Many essential oils high in the chemical constituent linalool are well known for their ability to reduce sad and anxious feelings. Lavender is high in linalool and when taken internally reduces anxious feelings.* Its calming aroma can also help cut through feelings of stress and promote relaxation.

What Other Essential Oils Help with Anxious Feelings?

doTERRA Balance creates a sense of calm and well-being. doTERRA Balance blends grounding wood oils with Frankincense and Blue Tansy. Blue Tansy's scent helps uplift mood, while Frankincense promotes feelings of peace and relaxation. doTERRA Balance is a powerful tool for countering cycles of worry and fear. Apply it to your wrists or neck to ease anxious feelings.

doTERRA Cheer is another helpful product for anxious feelings. This blend was designed to counteract negative emotions while promoting feelings of optimism. Cedarwood is another essential oil that can be very helpful. It has a calming and relaxing aroma that can be used to evoke feelings of wellness and soothe worry.

What is Adaptiv?

ADAPTIV is a system of products designed to help you adapt to the daily twists, turns, and stresses of life. It includes the Adaptiv Calming blend, Adaptiv Touch, and Adaptiv capsules. Diffuse Adaptiv blend in the mornings or whenever you crave an environment that is free of overwhelm and full of calm. Apply Adaptiv Touch to your wrists or pulse points throughout the day as needed. The prediluted roller bottle delivery makes Adaptiv Touch especially convenient when you are out and about. For extra soothing and support, try the Adaptiv capsules.* Take one capsule daily.



All Day Emotions

WAKE UP CALL

- 5 drops Black Pepper
- 5 drops Frankincense
- 5 drops Bergamot
- 5 drops White Fir

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

MORNING CHEER

- 2 drops Spearmint
- 4 drops Tangerine

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

SO I DON'T SLAP YOU

- 15 drops Balance
- 15 drops Serenity
- 15 drops Citrus Bliss

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

FORGIVENESS

- 2 drops Geranium
- 2 drops Ylang Ylang

Directions: Apply to wrists or back of neck

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

SLUGGISH

- 4 drops Lime
- 4 drops Lemon
- 4 drops Wild Orange
- 4 drops Spearmint

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil or diffuse.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

NIGHT TERRORS

- 10 drops Juniper Berry
- 5 drops Tangerine
- 5 drops Hawaiian Sandalwood
- 5 drops Geranium
- 5 drops Ylang Ylang
- 10 drops Bergamot

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

Fatigue

RESTORE

- 5 drops Melissa
- 5 drops Rosemary
- 5 drops Cumin

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply over heart or to wrists.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

TAKE 5

- 5 drops Peppermint
- 5 drops Citrus Bliss
- 5 drops Wild Orange
- 5 drops Elevation

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to bottom of feet.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

Confidence

CONFIDENCE 101

- 2 drops Ginger
- 2 drops Wild Orange
- 2 drops Patchouli
- 2 drops Lime
- 2 drops Spearmint

Directions: Diffuse

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

I GOT THIS

- 2 drops Lavender
- 2 drops Arbovitae
- 2 drops Bergamot

Directions: Diffuse

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

TIME FOR SUCCESS

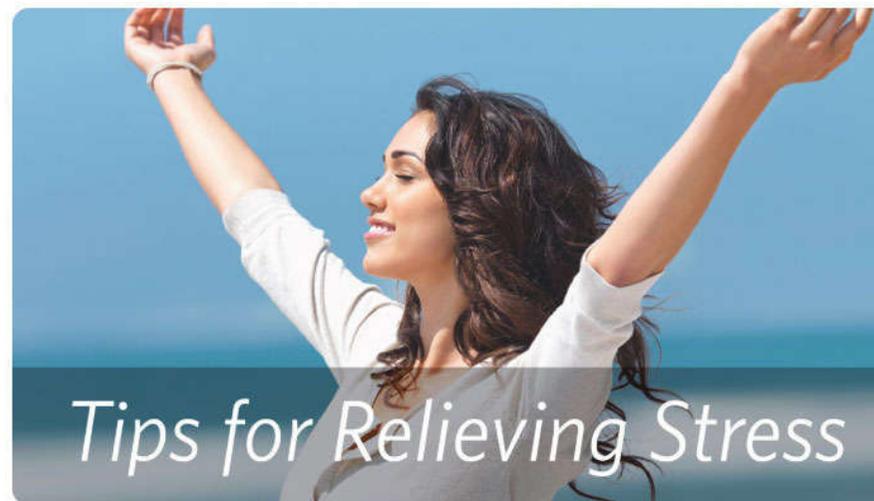
- 5 drops Ylang Ylang
- 5 drops Clary Sage
- 5 drops White Fir
- 5 drops Frankincense
- 7 drops Lime
- 7 drops Wild Orange

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to back of neck or bottom of feet.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.



15



Tips for Relieving Stress

For an entrepreneur, there are some basic skills necessary to maintaining both your business and your quality of life. Stress management ranks high on the list as a core skill. While some stress is unavoidable in life, the consequences of extreme stress can be managed.

So, what is stress? The National Institute of Mental Health simply defines it as “the brain’s response to any demand.” They also state that, “Not all stress is bad. All animals have a stress response, which can be life-saving in some situations. The nerve chemicals and hormones released during such stressful times prepares the animal to face a threat or flee to safety. In the short term, it can even boost the immune system.” This being said, sometimes the very word “stress” sets off negative associations in our minds. And, in fact, chronic stress is a serious problem.

It’s become almost a cliché—modern life is often fraught with stress, and almost everyone is ironically too busy to deal with it. It can be easy to excuse it away and say that we work best under stress, that stress is a great motivator. This is partly true; the good type of stress, known as

“eustress” helps us seize the moment, and invigorates us to achieve a tangible goal.

On the flip side, there is also bad stress, called “distress”, that can be harmful in the long run. When we face either type of stress in our daily lives, our bodies respond by secreting a hormone called cortisol. Cortisol is useful to help us react to temporary stress, like the stress caused by deadlines. But scientists say that too much cortisol can cause weight gain, negative emotions, joint discomfort, and more.

Unfortunately anxious feelings and stressful situations are not going to simply disappear. This is where dealing with our stress becomes a priority. Managing a lot of daily stress comes down to some simple and quick solutions listed below. While this list is not comprehensive, it is a start in helping you identify ways to help yourself. We recommend that you pick the easiest solutions for you, and then practice them on a daily basis or whenever you feel the need.

- ◆ In any situation, take two minutes to breathe. We’re not just talking about trying to breathe deeply in and out here, though that is the start of it. Improve on this idea by using the 4–7–8 breathing exercise. Breathing only through your nose, count to four as you deeply inhale, then count to seven as you hold your breath, and count to eight as you exhale. Repeat the cycle three more times. This should take around two minutes to complete. This will help you focus on your body and help you breathe more deeply on a regular basis without even needing to think about it.
- ◆ When your body is under chronic stress, you are more likely to have lowered immunity and your body systems that aren’t needed for immediate survival in a fight-or-flight situation, (digestive, excretory, and reproductive) can stop working normally. This continued condition eventually leads to even more serious consequences such as depression, anxiety, cardiovascular disease, and more. The following list should give you some ideas on how to manage your stress and stay away from these negative consequences.

Heavy Heart

CONSOLE MY HEART

- 20 drops Console
- 20 drops Cheer

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply over your heart.

Normal dose is 2-3 drops. Apply over heart every 4 hours or more often as needed.

SOOTHE AND REPAIR

- 10 drops Bergamot
- 10 drops Frankincense
- 10 drops Grapefruit
- 10 drops Balance

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply over heart or on wrists.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

A MOTHERS TOUCH

- 15 drops Citrus Bliss
- 15 drops Console
- 15 drops Peace
- 20 drops Balance
- 10 drops Serenity

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply over heart or on wrists.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

*Rose oil is great for overcoming grief! It is super expensive and hard to get, but you can get the rose lotion and rub it over your heart. ALL proceeds go to doTERRA's Healing Hands Foundation.

Women's Emotions

HORMONE TAMER

- 10 Clary Sage
- 10 Balance
- 10 Serenity
- 10 Cedarwood
- 5 Wild Orange
- 5 Peace

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

SWEET SENTIMENTS

- 10 drops Whisper
- 10 drops Passion

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply behind ear or on wrists.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

HAPPY MAMA

- 8 drops Citrus Bliss
- 8 drops Balance
- 8 drops Serenity
- 8 drops Wild Orange
- 8 drops Lavender

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to wrists and back of neck.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

Extreme Mood Blends

CALM THE CRAZY

- 4 drops Frankincense
- 4 drops Serenity
- 4 drops Lavender
- 4 drops Balance

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to bottom of each foot.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.



MASTER THE MOOD

- 20 drops Frankincense,
- 20 drops Balance
- 20 drops Wild Orange

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to temples, back of neck, heart or wrists.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.



DITCH THE WITCH

- 10 drops Balance
- 10 drops Serenity
- 10 drops Wild Orange
- 10 drops Cheer
- 5 drops Elevation
- 5 drops InTune

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to wrists, behind ears or back of neck.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.



13

- ◆ Know yourself. Are you constantly worrying or unable to focus? Do you have a lack of appetite or nervous behaviors such as nail biting or pacing? Other symptoms could be frequent headaches, insomnia, and excessive tiredness. If any of this sounds familiar, it may be time to check your work load. There are many more symptoms than those listed, but it is important to recognize why you feel this way so that you can fix it before the problem becomes bigger. Talk to your physician if you need help identifying what stress is for you.
- ◆ Get organized. If you have laid out a plan to get tasks done it becomes much easier to be in control of how you spend your time. Find an organizational style that meets your needs—there is no one system that works for everyone.
- ◆ Take breaks and get enough sleep. Sleep at least seven to eight hours a night, and take frequent breaks throughout your work day. This is essential to keeping stress at bay. You can handle a crisis, and even other normal tasks, more easily when you don't have mental fog to distract you.
- ◆ Take time out to exercise. When your schedule seems as full as it possibly can be, you may be wondering who has time to exercise. But, it is a fact that you are able to do more when you take care of your body. Taking just a half hour out of your day three days a week to run, walk, cycle, swim, etc. will improve your overall wellbeing.
- ◆ Eat a balanced diet. This is an important addition to proper sleep and exercise. It takes time to plan out healthy, regular meals, but if you fuel your body the right way, the energy you have may surprise you.
- ◆ Schedule leisure time for things you enjoy so that you have something to look forward to. Whether it's as simple as reading a book or watching a movie, downtime is essential to feeling rejuvenated and ready for the rest of your schedule.
- ◆ Meditate and focus on positive affirmations. Breathing deeply helps you ground yourself in the present and refocus. It can also be sooth-

ing to the mind. Having positive thoughts, especially about yourself, helps you see that you are worth that effort you put into yourself. Even if you can only repeat one positive thing about yourself, make it a mantra and say it over and over every day until you believe it.

- ◆ If you like writing and find it relaxing, start journaling or working on a book. Even if you don't like writing, try keeping a journal where you write just a few sentences about what inspires you or what you are grateful for in your day.

Rest & Managing Stress

Article at a Glance

An important part of maintaining a healthy lifestyle is learning how to recognize and manage different emotions. One emotion that often goes overlooked is stress. Stress occurs when you feel pressure or tension in response to a challenging situation. Stress often causes mental and emotional strain, and it can even have negative effects on your physical well-being if you don't address it. Sleep, or lack thereof, can also have an impact on your emotions¹. People often forget about the importance of sleep in maintaining a healthy lifestyle. Getting the right amount of rest is one of the most essential parts of developing a healthy lifestyle and being your best throughout the day. When you are well-rested, your body is prepared to focus on other important parts of health and wellness, like proper nutrition and exercise.

How to Manage Stress

There are a variety of methods available to you that can help manage stress in your life. Many of them are easy and can be done without others noticing. Some options include breathing exercises or evaluating all your activities and responsibilities. It's important to check in with yourself and make sure you're not being overloaded with more than time will allow. Write out your weekly tasks, and do your best to schedule down time to spend alone or with those you love.

Stress

RELEASE

- 10 drops Ylang Ylang
- 10 drops Lavender
- 10 drops Basil

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to back of neck.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.



RELAX

- 2 drops Peace
- 2 drops Wild Orange
- 2 drops Lime

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

RENEW

- 10 drops Peppermint
- 10 drops Lavender
- 10 drops Eucalyptus

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to back of neck or temples.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

Mood Boost



PICK ME UP

- 4 drops Wild Orange
- 3 drops Juniper Berry
- 3 drops Grapefruit

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

JOY COMES IN THE MORNING

- 2 drops Frankincense
- 2 drops Lime
- 2 drops Wild Orange
- 2 drops Peppermint

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

DON'T WORRY, BE HAPPY

- 2 drops Peppermint
- 2 drops Lime
- 3 drops Wild Orange
- 2 drops Frankincense

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

GROUCHY BE GONE

- 2 drops Citrus Bliss
- 2 drops Lime

Directions: Apply to the wrists or diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

POSITIVITY, YES PLEASE

- 2 drops Sandalwood
- 2 drops Elevation

Directions: Apply to back of neck or wrists.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

IT'S HAPPY TIME

- 2 drops Peppermint
- 2 drops Wild Orange

Directions: Apply to bottom of the feet.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

ENERGIZER BUNNY

- 2 drops Elevation
- 2 drops Spearmint

Directions: Apply to wrists or diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

JOYFUL JOYFUL

- 3 drops Serenity
- 3 drops Lime

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed. 11

Quick Tips for Stress Management:

- Practice breathing exercises
- Go for a walk to clear your head
- Use calming essential oils
- Talk through your feelings with someone you trust
- Do an activity you enjoy

How Can doTERRA Help?



Understanding the diverse challenges you face each day, doTERRA developed a blend to help bring a sense of calm and reassurance when you need it most. A beautiful mix of sweet and minty scents, doTERRA Peace® Reassuring Blend delivers a calming, peaceful aroma.

Lavender, Frankincense, Ylang Ylang, and more come together to create a chemical profile rich in monoterpene esters and alcohols for a soothing experience.

Why Sleep Matters

Scientists have done a lot of research to show that getting too little sleep affects you physically, mentally, and emotionally. Sleeping gives your body an opportunity to recharge and process the events that happened throughout the day. Sleep also affects the way our body systems work, from our nervous system to our immune system. For example, when we don't get enough sleep, our immune system can become weaker making it easier to feel under the weather²⁻³. Getting too little sleep also causes our bodies to be susceptible to a variety of health problems, including the inability to concentrate or remember things, mood changes, lack of balance, and drowsiness⁴.

How Can doTERRA Help?

There are many ways to develop proper sleep hygiene and train your body to recognize when it's time to rest. This can include a specific sleep regimen that may include using essential oils like doTERRA Serenity® Restful Blend, which you can use in conjunction with doTERRA Serenity Restful Complex Softgels. A diverse mix of warm and floral scents, this essential oil blend was designed to provide a calming, relaxing aroma perfect for topical application or diffusion. Oils like Lavender, Chamomile, and Cedarwood combine to provide a relaxing experience. Clinical research suggests that when applied topically in combination with various soothing techniques, Lavender may help ease the body of tension⁵⁻⁶.

Researchers at doTERRA published a clinical research study⁷ on the effect of Serenity Softgels on sleep. The results suggest that internal consumption of Lavender, German chamomile, and L-theanine as found in the Softgels may help with falling asleep, and may improve alertness upon awakening. Once you have established a bedtime routine, try to stick to it every night. This habit will help you get better quality sleep so that you feel more rested when you wake up each day.

Quick Tips for Better Rest:

- Try to go to bed at the same time every night
- Establish a calming bedtime routine with essential oils
- Turn off screens (TV, phones, etc.) at least one hour before bedtime
- Try not to eat sugary foods before bed
- Take a warm bath or shower before bed

Conclusion

Stress, emotions, and sleep all play an important role in daily life. A lot of what you do is controlled by how you are feeling. Managing stress and sleep is an important step toward achieving health and wellness. As you work toward developing a healthy lifestyle, remember that taking care of

Calming Blends

PEACE BE STILL

- 3 drops of Lavender
- 3 drops Wild Orange
- 2 drops of Cedarwood
- 2 drops of Frankincense

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.



SLOW AND STEADY

- 2 drops Frankincense
- 2 drops Bergamot
- 2 drops Elevation

Directions: Rub over your heart, at the base of your hairline or diffuse.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

RELAX

- 20 drops Vetiver
- 20 drops Serenity

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply behind ear.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

BATHTIME

- 5 drops Cedarwood
- 5 drops Rosemary
- 5 Ylang Ylang

Directions: Mix with Epsom salts to put in your nighttime bath.

COMFORT I GIVE YOU

- 3 drops Frankincense
- 3 drops Ylang Ylang
- 2 drops Sandalwood
- 2 drops Patchouli

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

MONSTER JUICE

- 15 drops Citrus Bliss
- 15 drops Balance

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to monster's feet, wrist, and back of neck.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.



MELLOW OUT

- 3 drops Douglas Fir
- 3 drops Lavender

Directions: Diffuse

Normal dose is 2-3 drops each. Apply 2-3 times a day or more often as needed.

Severe Sadness

BRING ON THE RAIN

- 5 drops Sandalwood,
- 5 drops Ylang Ylang
- 5 drops Bergamot
- 5 drops Lime

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to the back of the neck.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

SWEET PEACE

- 5 drops Tangerine
- 5 drops Vetiver
- 5 drops Frankincense
- 5 drops Lavender

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to the wrists.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

STABILIZE MY SOUL

- 2 drops Balance
- 2 drops Peppermint

Directions: Apply to the bottom of each foot.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

I GOT THE BLUES

- 2 drops Balance
- 2 drops Wild Orange
- 2 drops Lavender

Directions: Apply to the bottom of each foot.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.



WHOLE HEARTEDLY

- 2 drops Cedarwood
- 2 drops Lavender

Directions: Apply to the bottom of each foot.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed. 9

your mental health is just as important as maintaining your physical health. How will you implement essential oils into your routine to live a life of wellness?

De-stress your mind

Stress is an un-avoidable part of our lives and sometimes, we might feel like we are juggling multiple things at once. During these busy periods, we need to take some time to step back, take a deep breath and use different techniques to let go of the stresses in our lives and calm our minds. Here are a few ways to help you de-stress:

Practice Meditation



In our busy lives, silence can be hard to find. If you are feeling overwhelmed, it's important to take some time out for yourself to let go and create a sense of balance. Practicing meditation can help you focus and give you that break you need to clear your thoughts and enjoy the peace. Before you begin your meditation, rub Melissa essential oil on your forehead, shoulders and chest to promote feelings of calmness or diffuse doTERRA Peace® Reassuring Blend to help create a calming environment so you can say goodbye to your stresses.

Participate in Positive Self-Talk

Sometimes we strive for perfection and if we don't get there, we can be hard on ourselves. Positive self-talk is a great way to promote positive thinking. This can be as simple as telling yourself 'I am enough' or if you find yourself in a stressful situation instead of thinking about what can go wrong, tell yourself that 'Everything will be okay'. Apply a drop of doTERRA Cheer® Uplifting Blend in your hands, rub together and inhale deeply. Doing this can re-align you to focus and create an overall positive environment where you can flourish.

Keep a Gratitude Journal

It's good to take some time out of your busy life to reflect on the positives. Remind yourself of a moment that put a smile on your face or when you met someone that inspired you and write it down! This can help you recognise and look back on the simple yet meaningful parts of your life.

Slow Down and Be Present

Often our lives are so busy, that from the moment we wake up to the moment we hit the pillow, it can feel like we are running from one thing to another. The next time you spend time with loved ones, make sure you stop and be present in the moment. If you stop worrying about your ever-growing to-do lists, this can often help to reduce stress and create a more calming environment. Consider rubbing doTERRA Balance® Grounding Blend to the bottoms of your feet to promote a sense of balance and to keep you grounded.

Engage in Regular Exercise

Exercise may not be a priority in your daily schedule but engaging in regular exercise can help you de-stress and unwind from a long day. You can try something as easy as going for a walk outside and getting some fresh air while listening to your favourite music. This can help release endorphins leaving you feeling refreshed and positive. Apply a few drops of Ice Blue® Athletic Blend diluted in Fractionated Coconut Oil to your knees to experience its soothing properties before and after exercise.

If you live a busy life and are in need of some self-love, try these tips to help you de-stress your mind.

Anxious Feelings

COUNT IT OUT

- 2 drops Wild Orange
- 2 drops Frankincense

Directions: Rub in hands cup over nose and inhale

Normal dose is 2-3 drops of each.
Apply 2-3 times a day or more often as needed.

TERESA'S FAVORITE

- 10 drops Balance
- 10 drops Elevation
- 10 drops Serenity
- 10 drops Vetiver

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil or take 2 drops of each and apply behind each ear. Apply 2-3 times a day or as needed.

JUST BREATHE

- 2 drops Breathe
- 2 drops Wild Orange

Directions: Normal dose is 2-3 drops.
Apply 2-3 times a day or more often as needed.

ALL IS CALM

- 12 drops Wild Orange
- 12 drops Balance
- 8 drops Vetiver
- 4 drops Frankincense

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

RESUCE ME

- 2 drops Serenity
- 2 drops Roman Chamomile
- 2 drops Peace

Directions: Apply to wrists or the back of the ear

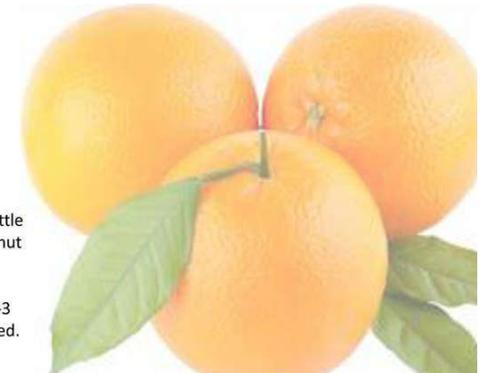
Normal dose is 2-3 drops of each.
Apply 2-3 times a day or more often as needed.

MUCH NEEDED COMFORT

- 6 drops Balance
- 6 drops Peace
- 6 drops Bergamot

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops each. Apply 2-3 times a day or more often as needed.



Excessive Energy & Lack of Focus

CHILL OUT

- 10 drops Vetiver
- 10 drops Frankincense
- 10 drops Balance

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

ONE, TWO, THREE

- 10 drops DDR Prime

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

HAPPY CALM

- 10 drops Vetiver
- 10 drops Lime

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

Improve Focus

RIGHT ABOUT NOW

- 2 drops Frankincense
- 2 drops Lemon

Directions: Diffuse or apply to the back of the ear

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

SCATTER BRAIN

- 2 drops Intune
- 2 drops Vetiver
- 2 drops Balance

Directions: Diffuse or apply topically

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

ATTENTION PLEASE

- 10 drops Lemon
- 10 drops Rosemary
- 10 drops Wild Orange
- 10 drops Peppermint
- 10 drops Spearmint

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

STOP OVERTHINKING

- 4 drops Bergamot
- 4 drops Clary Sage,
- 2 drops Frankincense

Directions: Diffuse

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.



7

Manage Stress

Mental health might be the most difficult parameter of health to measure. While hours spent at the gym might result in your clothes fitting more comfortably, the benefits of being mentally healthy are sometimes slightly less obvious. Mental health is a broad category of health that includes the emotional, psychological, and social aspects of consciousness. A healthy mind emotionally and psychologically is better equipped to handle the uncertainties and stressors that arise in personal and professional life. From dealing with trauma to developing and maintaining relationships, having a healthy understanding of our emotions and mindset dramatically affects our ability to pursue opportunity and make decisions. While our mental health can be pre-dispositioned according to genetics and early life experiences, healthy lifestyle factors can dramatically support mental and emotional development. Read the articles below to discover new perspectives about how to achieve, maintain, and better understand genuine mental well-being.

Class Ideas from A to Z: Key Stress Relief Oils



Stress takes many forms in our lives, from the momentary stress of getting through that bad rush-hour traffic to the stress of planning an event or going through a major life change. Did you know that there are various essential oils you can use to get some relief?

We've listed a few of our favourite stress-relief oils and suggested usages below. You can go over as many as you like with your class. Keep in mind your timeframe, and also which oils will have the greatest impact when tried in the class atmosphere.

- ◆ Frankincense: Apply to the bottom of your feet when you feel the need to relax and balance mood.
- ◆ Vetiver: Thanks to its grounding aroma, Vetiver is the perfect oil to add to your diffuser, or you can also use it topically to calm the mind. (You can also combine it with Lavender, doTERRA Serenity®, or doTERRA Balance® to enhance the effects.)
- ◆ AromaTouch® Massage Blend: If you've never experienced an AromaTouch Hand Technique, now may be the time to try. Find a friend and go over the instructions here, carefully. Feel the stress melt away into the background.
- ◆ Elevation: This blend is perfect to put in a bath after a long day. To make sure the oil gets well dispersed, also add a teaspoon of honey, vegetable oil, or whole milk and add the oil just before stepping in. (This prevents the oils from evaporating before you get in.)
- ◆ Lavender: We are better able to handle stress when we've had enough sleep, and this calming oil is a common go-to for a soothing night's rest. Simply add a drop or two to the bottom of your feet or on your pillowcase right before going to bed.
- ◆ Hawaiian Sandalwood: This oil is great to use during meditation because of its grounding and uplifting properties.

If you have an oil that has worked best for your stress, (whether or not it's listed here), be sure to highlight that oil and your experience with it. This list is a good start, and should help guide you when choosing oils to talk about and experiment with. However, don't take this list as set-in-stone. Everyone is different, and can feel more relief from different oils. As you teach, make this clear to the attendees. Leave the door open for them to experiment and find what works for them.

Feelings of Trauma

TRAUMA ERASER

- 15 drops Peace
- 5 drops Console

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply over heart.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

PEACE BE STILL

- 3 drops Vetiver
- 2 drops Lavender
- 2 drops Clove
- 1 drop Lemongrass

Directions: Put in a veggie capsule or in a glass of water 1-2 times a day or as needed.

TERROR TRANQUILIZER

- 2 drops Frankincense
- 2 drops Wild Orange
- 2 drops Douglas Fir

Directions: Diffuse or apply over heart. Apply 2-3 times a day or more often as needed.

OVERCOMING

- 10 drops Melissa
- 8 drops Petitgrain
- 5 drops Patchouli

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to brainstem.

Normal dose is 2-3 drops. Apply 2-3 times a day or more often as needed.

MY FIGHT BLEND

- 10 drops Balance
- 10 drops Vetiver
- 10 drops Serenity
- 10 drops Elevation
- 10 drops Citrus Bliss
- 10 drops Cedarwood
- 10 drops Bergamot
- 10 drops InTune
- 10 drops Geranium
- 10 drops Frankincense

Directions: Mix in a 10 ml roller bottle topped off with Fractionated Coconut Oil. Apply to wrists, neck and feet.

Normal dose is 2-3 drops. Apply it 4-6 times a day at first, then you will notice the usage will start to dwindle down.



KEEP THE CORTEX

- 2 drops Balance
- 3 drops Sandalwood
- 2 drops Frankincense,
- 2 drops Melissa
- 2 drops Wild Orange

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil.

Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

Teresa's Go To Blends

SLEEP TIGHT

To help you go to sleep:

- 2 drops Serenity
- 2 drops Lavender

To help you stay asleep:

- 2 drops Lemon

To reduce anxiousness and agitation:

- 2 drops Cedarwood
- 2 drops Vetiver

To support adrenals to help your

Thyroid:

- 2 drops Basil
- 2 drops Rosemary

Directions: Choose one oil from each section and add 2 drops to diffuser or apply to the bottom of each foot.

*Normal dose is 2-3 drops of each. Use 2-3 times a day or more often as needed.

DETOX SUPPORT BATH

- 3 drops Helichrysum
- 3 drops Juniper Berry

Directions: Mix with 1 cup of Epsom salts before putting in the bath.

*Normal dose is 2-3 drops of each.

SUGAR CRAVINGS

- 2 drops Slim & Sassy

Directions: Put 2 drops in a 4oz glass of water and drink it every 4 hours, drip directly down throat, or put in a veggie cap. Also can apply to body to reduce cellulite.

*Normal dose is 2-3 drops of each. Use 2-3 times a day or more often as needed.

LIVER AND GALL BLADDER SUPPORT

- 2 drops Geranium
- 2 drops Grapefruit
- 2 drops Lemon
- 2 drops Zendocrine

Directions: Apply directly over liver and gall bladder.

*Normal dose is 2-3 drops of each. Use 2-3 times a day or more often as needed.



What are the signs of depression?

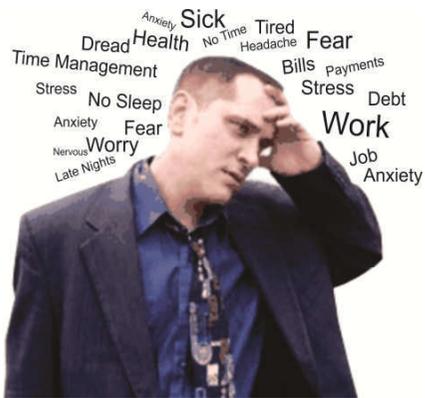
You may have noticed a change in the way you're responding or feeling about things. The following points are indications that it could be depression:

- ◆ Persistent sadness, lasting two weeks or more.
- ◆ Loss of interest in your favourite things.
- ◆ Finding no fun or enjoyment in life.
- ◆ Loss of self-confidence.
- ◆ Feeling guilty, bad, unlikeable, or not good enough.
- ◆ Feeling empty inside.
- ◆ Feeling useless or unable to cope with life.
- ◆ Feeling bored all the time.
- ◆ Increased feelings of anxiety.
- ◆ Inability to see a future for yourself.
- ◆ Thinking everything is pointless.
- ◆ Thinking life is not worth living.
- ◆ Thoughts of death or suicide.
- ◆ Wanting to go to sleep and never wake up again.
- ◆ Especially low mood in the mornings.
- ◆ Feeling more irritable, frustrated, or aggressive than usual.
- ◆ Trouble concentrating on things, poor memory.

Other signs may include:

- ◆ Loss of energy, feeling tired all the time.
- ◆ Changed sleep pattern – difficulty getting to sleep, bad nightmares, waking in the night, waking up too early, or sleeping much more than usual.
- ◆ Spending less time socialising with friends or family.
- ◆ Loss of sexual desire.
- ◆ Changed eating pattern – loss of appetite, weight loss or comfort eating.
- ◆ Getting lower grades than usual at school, college, or university.
- ◆ Not going to school/college/work, or becoming disruptive.

Mood Management Essential Products



Mood Management is a range of essential oil blends specially formulated to reduce stress, energise and inspire us.

Invigorating Blend

Ingredients
Bergamot
Clementine
Grapefruit
Lemon
Mandarin
Tangerine
Vanilla
Wild Orange

Addresses
Calming
Elevating
Disinfects surfaces
Kills airborne pathogens
Eliminates odours
Strengthens Immune system



Application Techniques

- ◆ Diffuse its dreamy aroma for calming, elevating, killing airborne pathogens, and eliminating odours.
- ◆ Make a surface disinfecting spritz with a 2%-5% dilution of distilled water (shake often).
- ◆ Use the spritz on bed sheets one hour before bed time to repel dust mites, fleas, and other bed bugs.

Teresa's Go To Blends

MOOD SUPPORT OILS

Balance Wild Orange Elevation Bergamot Serenity Lavender Vetiver Ylang Ylang Console Roman Chamomile

HORMONE SUPPORT

- 2 drops ClaryCalm
- 2 drops Whisper

Directions: Apply to stomach, back of neck or wrists.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

PICK ME UP

- 2 drops Elevation
- 2 drops Wild Orange

Directions: Diffuse. Or apply to back of neck.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

HAPPY BLEND

- 2 drops Balance
- 2 drops Serenity
- 2 drops Wild Orange

Directions: Diffuse or apply to wrists.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

SOOTH TENSION OR STRESS

- 2 drops Balance
- 2 drops Elevation
- 2 drops Lavender
- 2 drops Lemon
- 2 drops Ylang Ylang

Directions: Diffuse or apply 2-3 of the above oils to the back of neck, or temples.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.



STAY FOCUSED

- 5 drops Peppermint
- 5 drops InTune
- 5 drops Wild Orange
- 5 drops Lemon
- 5 drops Cedarwood

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to back of neck or wrists.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

REDUCE SAD OR ANXIOUS FEELINGS

- 10 drops Forgive
- 10 drops Peace
- 10 drops Vetiver

Directions: Mix in a 5 ml roller bottle topped off with Fractionated Coconut Oil. Apply to the back of neck or behind ears.

*Normal dose is 2-3 drops of each. Apply 2-3 times a day or more often as needed.

Quick Start Guide

There are 3 ways you can use the oils: **aromatically**, **topically** or **internally**.



Aromatically

Smell the oil from the bottle or put a few drops in a diffuser.



Topically

Put the oils on your temples, wrists, back of the neck, behind the ear, on the bottoms of your feet, or whatever area needs attention.



Internally

Place drops directly under the tongue or in the back of the throat. You can also put a few drops in a glass or metal cup with water to drink internally.

The normal dose used is 2-3 drops about 2-3 times a day or more often as needed.

If your skin is sensitive or gets irritated easily, simply apply the same amounts of oil to the bottoms of each foot. If you have sensitive skin or are applying the oils to children, try adding some coconut oil to dilute the mixture. Coconut oil is also good to mix with the "hot" oils (Oregano, Cassia, Clove, or the Cinnamon family) to help reduce irritation.

Here is my favorite blend for ALL types of mood and emotional support...It is powerful!



Ok! Let's get started, shall we!?

3

- Use on kitchen or bathroom surfaces.
- Cup and inhale or make a tissue cup to enjoy the elevating or calming qualities of citrus bliss.
- Use as a clean smelling aftershave that will also soothe skin, especially after irritating shaves.
- Use 4-5 drops in a large bowl or sink to wash fruits and vegetables. The wash will clean off chemicals, pesticides and pathogens, but will also help preserve the fruits and vegetables.
- This blend is GRAS. Add to drinking water to kill pathogens and improve taste.
- Swish, pull, gargle, and swallow in the morning for halitosis. Use in smoothies, drinks and dressings.

Elevating Blend

Ingredients

Elemi

Lavandin

Lemon myrtle

Melissa

Osmanthus

Sandalwood

Tangerine

Ylang Ylang

Addresses

Attention deficit

Depression

Hopelessness

Lack of energy

Stress



Application Techniques

- Any of the diffusion techniques usually offer the most effective technique for depression, fatigue or anxiety.
- The blend can be applied by massage to the neck shoulders, back and chest of adults or children suffering from depression or stress.
- Use an inhaler or cup and inhale after massage applications.
- Use an inhaler or tissue cup to enjoy the effects on-the-go and to combat jet lag.

Calming Blend

Ingredients	Addresses
Lavender	Anxiety
Roman Chamomile	Calming
Sandalwood	Induces restfulness
Sweet Marjoram	Soothing
Vanilla	Stress
Ylang Ylang	Tension headaches



Application Techniques

- ◆ Diffuse for soothing and calming; it is especially effective if used before bedtime to induce a restful sleep.
- ◆ Apply topically with light massage to feet or temples for stress relief and to increase a sense of well-being.
- ◆ Apply topically to feet at bedtime to calm and aid in restful sleep.
- ◆ Also apply to the neck and lymph nodes if needed to reduce anxiety, if blood pressure is high, or if there is tension or stress.
- ◆ Some might find direct application helpful for tension headaches

Grounding Blend

Ingredients	Addresses
Blue Tansy	Anxiety
Frankincense	Attention Deficit
Ho Wood	Hyperactivity
Spruce	Nervousness



Application Techniques

Balancing blends contain oils that are geared toward the central nervous system and other body systems. If there are times when you feel confused, doubtful, unsettled, or in need of a sense of well-being, a balancing blend may be an excellent option.

- ◆ For children who deal with ADD, ADHD, autism or bi-polar conditions, use a balancing blend to calm and balance moods.
- ◆ For those who suffer mood swings, anxiety, temper problems or dol-drums, a balancing blend may help calm and balance their emotions.
- ◆ Diffusion is the most effect method of enjoying a balancing blend.
- ◆ Use an inhaler or cup and tissue for school, office or on the go.
- ◆ Direct application with massage to the feet, neck and back can be effective.
- ◆ During times of anxiety for children, consider a massage application to their feet, neck, shoulders or back

Hand & Body Lotion

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with the essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals, and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defences

