

Stress and Essential Oils

tick the boxes as you learn

In a nutshell

- Stress happens (period)
 - Management is the key
1. Identify & understand
 2. Reduce stress triggers
 3. Recover from stress events

Stressed? What's your stress level?

- 1-Under control
- 2-On edge and alert
- 3-Feeling a bit uneasy
- 4-Unsure, unsafe, and unsettled
- 5-Still alive, but not sure why
- 6-Desperate, about to panic
- 7-Something must to change NOW!



Stress is serious

- 43% of all adults suffer adverse health effects from stress.
- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress costs American industry more than \$300 billion annually.

*see benbalden.com/stress for sources

What stress may be costing you

- | | |
|---|---|
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> depression and anxiety |
| <input type="checkbox"/> heart disease | <input type="checkbox"/> infertility |
| <input type="checkbox"/> obesity | <input type="checkbox"/> autoimmune disorders |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> sleep difficulties |
| <input type="checkbox"/> acne and other skin conditions | <input type="checkbox"/> eating disorders (e.g. overeating) |
| <input type="checkbox"/> allergies and asthma | <input type="checkbox"/> addictions |
| <input type="checkbox"/> arthritis | <input type="checkbox"/> tension headaches |
| <input type="checkbox"/> digestive discomfort | <input type="checkbox"/> fatigue (including chronic or adrenal fatigue) |
| <input type="checkbox"/> muscle tension or pain | <input type="checkbox"/> lack of motivation or energy |
| <input type="checkbox"/> on edge or restlessness | <input type="checkbox"/> death (seriously, people die) |
| <input type="checkbox"/> irritability or anger | |



What is stress

"Stress is simply your brain responding to any demand or threat."



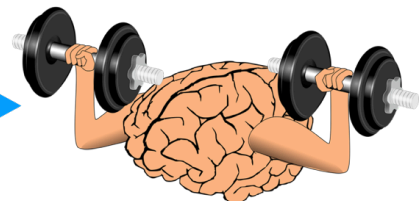
You



Threat or Demand



Stress Response System



Temporarily Smarter and Stronger



What causes your stress (stress triggers or stressors)? (Real or Imagined*)

External Stressors

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family
- Physical, chemical, or emotional
- other _____

Internal Stressors

- Pessimism
- Inability to accept uncertainty
- Rigid thinking, lack of flexibility
- Negative self-talk
- Unrealistic expectations / perfectionism
- All-or-nothing attitude
- Dooms-day scenarios



*Your stress system doesn't distinguish between real or imagined, life-threatening or harmless, etc. It's the same stress response

How are you dealing with stress right now?

Supportive

- Exercise
- Massage
- Naps
- Social interaction
- Visualization
- Hobbies
- Meditation
- Breathing

Unsupportive

- Alcohol
- Drugs
- Over eating comfort foods
- Blaming & complaining
- Victim thinking
- Promiscuity or pornography
- Angry outbursts
- Work, work, work

How essential oils can help

- Safe, effective, concentrated, powerful, quick, and smell good
- Can be used with any other stress management method
- Can be used alone
- Can be used at any time or place (even in the shower or in space)



□ Manage Stress Effectively

- Step 1) **Identify** the stress trigger and your biological response
- Step 2) **Reduce** or remove the stress trigger if possible - (simplify life)
- Step 3) **Recover** from the stressful episode - (reset your stress system)
 - Notice the path your stress takes and the biological response
 - Choose a technique, oil, or both to RESET your stress response system

First, how are you responding to stress?



Fight



Flight



Freeze

 Freaking out → need to calm	Withdrawing → need to activate	Unmoving → need to restart
BIOLOGICAL RESPONSES: anger, agitation, frustration, irritability, rapid heart rate, hypertension, sleeplessness, hurrying, increased accidents, obsession with time, nervous habits, restricted breathing, muscle tension, or headaches	BIOLOGICAL RESPONSES: depression, poor judgment, constant worrying, feelings of being overwhelmed, loneliness or isolation, crying spells, sleeping too much, procrastinating, withdrawing from others, neglecting responsibilities, nervous habits	BIOLOGICAL RESPONSES: You freeze or get “stuck” under pressure, doing nothing and letting things get worse, In shock or overwhelmed
STRESS RECOVERY TECHNIQUES: activities that quiet you down , meditation, breathing, progressive muscle relaxation, nature bath, essential oils, massage, etc.	STRESS RECOVERY TECHNIQUES: stimulating and energizing activities, exercise, breathing, hot bath, play, social interaction, talking, satisfying sex, diverting hobbies, etc.	STRESS RECOVERY TECHNIQUES: You likely have experienced some type of trauma. First, arouse the nervous system to a fight or flight response. Do some type of physical activity that uses both your arms or legs.
ESSENTIAL OIL	ESSENTIAL OIL	ESSENTIAL OIL
Lavender – to soothe you Serenity – to calm you Balance – to ground you Petitgrain – to harmonize you Vetiver – to root you InTune – to focus you Frankincense – to uplift you	AromaTouch –to recharge you Ylang Ylang – to temper you Breathe – to open you Wild Orange – to fill you up Citrus Bliss – to warm you Cheer – to cheer you Elevation – to lift you	Balance – to bring you down Peppermint – to awaken you Eucalyptus – to revive you Lime – to bring back life Patchouli – to connect body and mind





Adaptiv Blend

- Soothes and uplifts
- Calming and relaxing
- Effective work and study
- Behavior, thought, emotion
- Feelings of tranquility
- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum
- Aromatic or topically



Adaptiv Supplement Capsules

- Improve state of mind
- Adapting to stress situations
- Supports cognitive function
- Supports emotional balance
- Mental wellbeing
- Lavender, Coriander, Wild Orange, and Fennel along with Sceletium, GABA, and Ahiflower®. Botanical extract Sceletium

Shut down stress response

Serenity or Lavender

- Calming, composing,
- Placating, soothing
- Diffuse or apply to neuro points on head



Activate to return to normality

Citrus Bliss or Wild Orange

- Invigorating, stimulating
- Motivating and uplifting
- Wear on clothes or jewelry
- Diffuse in working area



Vetiver

- Rooting and grounding
- Helps calm an overactive mind
- Apply to big toe or diffuse



Elevation or Cheer

- Inspiring and encouraging
- Cheering and boosting
- Diffuse or just inhale
- Cheer, Motivate, Passion



Balance

- Grounding, reassuring, and consoling
- Apply on pressure points or diffuse



Ylang Ylang

- Mood lifting
- Promotes feelings of fun and enjoyment
- Diffuse or inhale



Petitgrain

- Similar to lavender (not floral)
- Relaxing, restful, placating
- Calms, soothes, and quiets
- Diffuse, add to pillow, drink



Breathe

- Rejuvenating & oxygenating
- Promotes feelings of openness
- Awakening and energizing
- Diffuse or inhale



Breathing Exercise – **Just think of the number, “5”**

- Breathe in for a duration of 5 seconds
- Hold your breath for 5 seconds
- Exhale for 5 seconds
- Repeat for 5 times
- Breathe for at least 5 minutes

TIPS

- In through the nose.
- Out through the mouth.
- Take deep belly breaths
- Be mindful. Focus on breaths.

Meditation Exercise (meditation 101)

- Prepare space & time (remove distractions)
- Focus mind on one object
- Keep bringing mind gently back to object
- Repeat and focus for 5-10 min

TIPS: Keep it simple & Practice Diligently

OBJECTS FOR YOUR FOCUS

1. Breathing – follow breathing
2. Mantra (repeat word or phrase)
3. Concentrate on single image
4. Visualization
5. Body scan
6. Energy – chakra scan
7. Body movement (walking)

Essential Oils That Do That Job For You

Get all the stress oils

- Adaptiv Blend, Roll On, and Capsules

Get all the stress oils

- Serenity
- Ylang Ylang
- Breathe
- Balance
- Vetiver
- Citrus Bliss
- Elevation
- Petitgrain



Contact Me – Your Wellness Advocate



Ben Balden
 850-460-1214
 email@benbalden.com
 benbalden.com

