

EDITION FOUR



# BLENDS

to help with anxiousness

YOUR GUIDE TO ESSENTIAL OILS TO HELP REDUCE ANXIETY



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# SECTION ONE

## Blends to help reduce anxiousness

The state of being or becoming anxious can take many forms and is closely tied to stress. Symptoms can include irritability, poor sleep, excessive worry, dry mouth, breathlessness & mild depression. For that reason, it's a good idea to experiment with the oil blends to discover which works best.

**Key oils:** Lime, Geranium, Orange, Lavender, Bergamot, Orange, Marjoram, Mandarin, Frankincense.

### Diffuser Blends:

General Blend One - 2 drops Lavender, 2 drops Bergamot, 1 drop Geranium.

General Blend Two - 2 drops Bergamot, 1 drop Marjoram, 2 drops Mandarin

General Blend Three - 2 drops Orange, 2 drops Lime, 1 drop Marjoram

General Blend Four - 2 drops Orange, 2 drops Lavender, 1 drop Geranium

Butterflies in tummy (nervous anxiousness): 3 drops Orange. 1 drop Marjoram, 1 drop Peppermint (adults only).

Worrying generally: Mandarin + Frankincense

**Boosters** - Lavender, Frankincense

### Bath Blend:

3 drops Bergamot, 3 drops Lavender, 1 drop Marjoram.

Blend into a heavy unscented oil like castor oil and mix into a warm bath (not hot). Relax for at least 15 mins.

### PulsePoint Blend

3 drops Bergamot, 3 drops Lime, 1 drop Mandarin, 2 drops Frankincense.

Blend into a light unscented oil (recommend Safflower Oil). Apply to wrists - do not apply to any areas of the body that will be exposed to UV light.

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Please consult a medical professional if feelings of anxiousness continue, or for treatment of young adults or children expressing symptoms of what might be depression.





## SECTION TWO

### Breathing exercises

Breath management and breathing exercises are an excellent way to bring down anxiety levels and become more aware of triggers,

**What you need:** A space away from others - ideally outside, or close to a window facing the sun. A chair that you can have both feet on flat on the floor when you sit with your back against the backrest.

**How Breathing Helps:** Most of us begin to 'chest breathe' as we become anxious. Learning to Diaphragm breathe is an excellent idea for management of mild to moderate anxiety. Diaphragm breathing enables a complete exchange of oxygen, slows the heart rate and can lower or stabilise increased blood pressure - all common manifestations of increasing anxiety.

Breathing exercises to induce calmness are an excellent tool because you can perform them almost anywhere - as soon as you have an awareness of your 'anxious response'.

Breathing exercises can be performed sitting, standing or lying down. My personal preference is standing, simply because standing in correct postural alignment assists with lymphatic flow & stress management.

**Diaphragm Breathing:** Diaphragm breathing involves the conscious opening and closing of the diaphragm muscle, which sits at the base of the thorax. The easiest way to achieve a correct diaphragm breathing technique is to place one hand flat on the centre of your chest, and the other on the abdomen below your ribs. Work on filling your lungs slowly both on the inhale and the exhale - without allowing your chest to rise.

Breathe in steadily through the nose to a slow count of ten, then breathe out through your mouth - again to a count of ten. Repeat ten times.

***As you are completing the breaths, consider which parts of your body are experiencing tension or stress and allow them to release with the outward breaths.***

# SECTION THREE

## Physical exercises for anxiousness

Some physical exercise induces endorphins - the happy hormone, which is an anxiety antidote, while others induce or enhance diaphragm breathing.

**Even mild exercise (ideally done outside) can help resolve feelings of anxiety, but on days where going out is not an option (for whatever reason), here are some exercises you can try at home.**

### Chair Breathing

Conduct the diaphragm breathing exercise in section two, but add the following: -

Sit in a chair with your feet flat on the floor and your back on the backrest.

Connect the back of your shoulders and the back of your head to the back of the chair. Let your arms hang beside you.

During your first five breaths, push down into your feet on the in-breath. You will feel your head slide up the chair a little. On the out-breath, allow every part of your back and shoulders to go limp (but not fall forward). You will feel your back and shoulder relax.

During the second five breaths, raise your arms up during the in breath (bring them forward then continue to lift until your elbows are beside your ears & your hands above.

During the out breath, extend them slightly further back behind your head, then allow them to return to the hanging position. You will feel a wonderful deepening relaxation in your back.

### Salute The Day

This one is an adaptation of the Sun Salute Yoga position. Stand with feet shoulder width apart with palms on your centre thigh. Slide your hands slowly down as far as you can, exhaling as you do. Once you are at the end of your stretch range, stand up, bringing your arms to be fully extended in front of you, then back over your head while you raise your chin & look up - extending your shoulders. Reverse for the exhale & repeat.



A glass bottle with a cork and twine, surrounded by herbs. The bottle is made of clear glass and has a cork stopper. A piece of light-colored twine is wrapped around the neck of the bottle. Several green herbs are scattered around the bottle, including a sprig of dill at the top, a sprig of basil at the bottom, and some other leafy greens on the sides. The background is a light-colored, textured surface.

## Advanced Options

Salute the Day has advanced options as follows -

Once you have your arms overhead, instead of travelling right into shoulder extension, lift up to stand on your tippy toes - this involves engaging all your core muscles. Make sure you have a wall handy to grab in case you lose your balance.

Follow through to shoulder extension in the raised position if you can. If you can not, just lower to full foot before entering the extension.

Another great variation on this exercise once both arms are extended above the head is to lower one arm only (bending at elbow down toward your shoulder while the other extends up further. This involves a slight rotation of the shoulders - releasing further tension and increasing lymphatic flow. Alternate the arms - almost in a non aquatic swimming motion.

## Deep Listening

After you've completed your breathing exercises, sit again in the chair with both feet flat on the ground and your head and back resting on the back of the chair. Stop and listen. Focus on the furthest away sound you can hear. Zone into it for up to 15 seconds, then let it go and listen for a sound further away than that one.

Repeat for as far away as you can get. It takes some concentration but it really works to help reduce feelings of mild anxiety. Taking your brain far away from your own headspace achieves a distancing from the immediate issues in your mind.

# SECTION FOUR

## Blends to help you relax

Being able to chill out and relax is a big part of managing low level anxiety. These blends enable a restful state of mind, which is very helpful in guarding against feelings of anxiousness.

**Key oils:** Bergamot, Geranium, Marjoram, Lavender, Sandalwood, Frankincense, Mandarin, Ylang Ylang.

### Diffuser Blend:

For calmness - 1 drop Geranium, 3 drops Lavender, 1 drop Marjoram, 2 drops Bergamot.

For restful mindset - 3 drops Lavender, 2 drops Frankincense, 1 drop Ylang Ylang, 1 drop Marjoram.

For racing mind: Add 2 drops Mandarin.

**Booster:** add Frankincense

### Bath Blend:

3 drops Bergamot, 2 drops Lavender, 1 drop Ylang Ylang. Blend into a heavy unscented oil like castor oil and mix into a warm bath (not hot). Relax for at least 15 mins.

### Massage Blend:

3 drops Bergamot, 1 drop Geranium, 2 drops Lavender. Blend into a light unscented oil that absorbs easily (recommend Sweet Almond Oil or Macadamia Nut Oil). Massage in well until oil is absorbed.

### PulsePoint Blend:

If using as a PulsePoint, we recommend also including Frankincense - use Safflower Oil as the base & roll across your neck, shoulders & wrists.

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Please note that not all feelings of anxiety are the same. For continued unease, for chronic anxiety or if you are concerned about feelings of self harm, please contact a doctor. Depression and severe anxiety are serious medical conditions. These blends are for helping reduce mild anxiety and temporary feelings of anxiousness.



# SECTION FIVE

## Essential Oils & Children

### **Using essential oils safely around children**

All essential oils (and Aroma Oils) should be treated like medications - store them in a cool dark place, well out of the reach of children.

Essential oils are extremely potent. While they do come with dripulator tops, and thus would be difficult to drink as such directly from the bottle, please ensure the risk of this happening is zero by placing your bottles on a high shelf immediately after use.

All of the essential oils in this E-Book are safe to use around children, but we do not recommend using them daily around babies or infants under the age of two.

For young children and babies, use one drop only in a diffuser - and only a few times per week. Do not use massage oils containing essential oils on babies - just use the oil medium itself if you wish to (and remember, babies are really slippery after oil massage, a small amount of un-scented lotion should be enough)!

For children aged 2 - 5, use 25% of the oil strength that you would use for adults (about 3 drops total in a diffuser). Again, do not use them every day.

For children aged 6 - 12, use 50% of the oil strength that you would use for adults (about 6 drops total in a diffuser).

As always, observe for any changes in behaviour. Essential Oils impact behaviour in a positive manner generally - helping calm children, but please use your best judgement and build up progressively. Kids will usually tell you if they don't feel good around a smell.

There are a number of essential oils that you should not use around children - including Rosemary & Peppermint. Generally speaking, avoid very strong scents and smells around children (those oils are marked on our website).

Children do suffer from feelings of anxiousness - the first day of school can make them anxious, meeting new people, competing in sports events - lots of children struggle with changes in general. This is normal, and essential oils can help.

If your child is suffering from ongoing anxiety related issues - please seek medical support.