

## IT'S BACK TO SCHOOL – for the TEACHERS First!

August is once again here and that means thoughts of going back to school begin.

The teaching staff and administration are the first to return. They have to get prepared and get ready for their next year obligations.

If you are one of the thousands of teachers – from preschool to college and beyond you know yourself how [anxious](#) you can be as you work out your schedules and teaching plans.

You might be starting to burn the ‘midnight’ oil as you come up with new and creative ways to stimulate young (or old) inquiring minds.

Of course you might be dreading the fact that you will be enclosed in a room with dozens of kids that carry all kinds of viruses etc.

Although we are not classroom teachers, we once were students in one. And I remember all those kids; sneezing, coughing, with skin afflictions (impetigo, etc.) and myriads of other health issues.

Then there are the kids with emotional and behavioral issues.

As an educator keeping the flow of a room from being disrupted by ill behavior or ill students can be a challenge.

To help you deal with a few things:

Although each school may have policies in place for whole room diffusion you can also try diffusing essential oils in and around your desk – your own personal space.

The simple little [Terra Cotta disc](#) will keep your personal area filled with the essential oils you need to help fight off all those nasty little viruses the kids bring to school (like [Pure Cleansing or Four Robbers Blends](#)).

And you can diffuse essential oils to keep you alert (Rosemary or [Concentration blend](#)), and of course essential oils to keep you calm and less stressed ([Calming blend or Take Five Blend](#) or maybe even [Peaceful Blend](#)).

If your school district allows, you may be able to diffuse a variety of essential oils in your class room that can help you ward off a variety of illnesses. Or better yet have your students be more attentive and responsive especially in the afternoon when attention spans become shorten and irritabilities become easily triggered.

Try a blend of [Spearmint](#) and [Grapefruit](#) to bring a light fruity atmosphere – hidden in this simple blend is a combination to help with alertness and attentiveness.

As many of you know this is my absolute favorite combination when I have to stay awake and pay attention to what I'm doing. Besides it smells really great too!

If you have students with [ADHD or ADD](#) you can help them (and others) by diffusing [Lavender](#) and also our [Concentration blend](#). These two seem to help these students the best.

We get many reports back from parents that can't believe the difference in their kids when they wear a [necklace \(pendant\)](#) with just the essential oil of [Lavender](#) alone being used.

One mother wrote recently that her son comes every morning to get his Lavender on his ‘necklace’ (He has his birth month [Zodiac Terra Cotta Pendant](#) that he keeps tucked in his shirt). She is elated that he enjoys this essential oil and is so happy at the improvement it has made in his [Autism and ADHD](#).

Now it's the end of your day, either now or once classroom attendance actually begins and you either are exhausted or still going like crazy (your mind that is). Each can cause the same response in keeping your from falling asleep.

Start out with a good bedtime routine and use your favorite relaxing essential oils. Maybe it's [lavender](#), or [bergamot](#) or any of our blends: [Calming, Relaxing, Peaceful, Bedtime Bliss or Sweet Dreams](#).

Which ever one(s) you chose start diffusing them about an hour before bedtime.

Getting a good nights rest helps you to be ready for the next day, next week and the next school year!

Thanks for being teachers, you are in a career that is so important. Education helps everyone to become the person they want to as they dream of their futures.

Thank You to all the educators!

NEXT AROMATHERAPY TIP – It's Back to School for the Students!! (Well it's more for their Parents!!) Until next time, have a Great Week!

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Aromatherapy Tip of the Week

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