

ANXIETY

by Penny Keay

There are many causes of anxiety. Fear of the unknown and apprehension can be causes: some that come to mind include going back to school, or starting school, whether preschool or all the way to college; moving; stressful events at home or work.

Health concerns can cause tension and disturbed sleep.

Occasionally anxiety can even bring on a Panic attack. Where you feel your chest tighten and heart beat quicken, and breathing can be affected. Panics like these are extreme.

Chronic anxiety though can weaken your immune system leaving you open for more and susceptible to diseases.

The best way to avoid anxiety is trying to change the things that give you stress. This is not always possible. So the next thing is trying to make things less stressful.

Using essential oils can help you prepare mentally for uncertainties by allowing you to relax and strengthen your emotional stamina. During times of stress, take time to relax and rest, to help calm your nerves.

Essential oils known to help reduce anxiety include Bergamot, Cedarwood, Roman Chamomile, Clary Sage, Coriander, Frankincense, Geranium, Jasmine, Juniper, Marjoram, Neroli, Orange, Patchouli, Rose, Rosewood, Vetiver and Ylang ylang.

Try this Quick and easy Anxiety blend

to help relieve an anxiety attack.

Neroli - 3 drops

Vanilla Blend - V'Nilla - 2 drops

Geranium - 2 drops

Rosewood - 2 drops

Ylang ylang - 2 drops

Frankincense - 1 drop

Rose oil - 1 drop

Mix in a small glass bottle, blend. Inhale a drop or two placed on a cotton ball, tissue or better yet in a nasal inhaler.

Anxiety Blend (for use in Diffuser)

Clary Sage - 15 drops

Bergamot - 10 drops

Geranium - 10 drops

Chamomile - 8 drops

Marjoram - 8 drops

Ylang ylang - 5 drops in amber bottle.

Add some to diffuser or smell from a drop applied to a cotton ball. Some people like to carry a nasal inhaler to sniff (We do carry several styles of Inhalers which would work great for this purpose.)

For those of you that prefer a premixed Synergistic blend our Anxiety Stop Blend has been a godsend for many folks. It is a wonderful blend of several of the above essential oils. It smells awesome!

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