

Just another day at work, at home or what have you? (Stress in disguise)

Here it is a typical Monday. Lots of orders to put up from over the weekend and everything seemed to be going normal and then – What was that Flash of light? And next thing you know our DSL and life line to our Business is down!!

Stress is beginning to build as we depend on our internet connections for our business. Problem solving begins as does the stressful feelings of what to do now.

This may be a scenario for you or something similar where things that normally run smoothly all of sudden are disrupted with many obstacles. Stress is a major concern for many people. Everyone deals with little challenges everyday.

We all can deal with them when they come in little bits. But what happens when several small and a few larger ones hit you? You begin to tense up. You snap at people around you. You definitely need to de-stress.

A couple of quick whiffs of a few different oils will help you gather yourself and calm down. Try to take a whiff of your favorite essential oils if you can. If you're not sure where to start, start with Lavender. Some folks like other floral scents to help them calm down. You might try neroli, rose or ylang-ylang.

You might prefer essential oils to help your mental clarity to help with problem solving. Try Basil, Rosemary and Lemon. These three are not only relaxing and calming to an extent but they also help you to concentrate and think clearly, something that might be most helpful on many days while at work.

Finally, when you can and when things settle down, hopefully by the end of the day, plan on taking a nice long bath. Again using some relaxing and calming essential oils. Such as putting several drops of Lavender and Roman Chamomile in your bath water and sit back and enjoy. Be prepared for bed shortly there after, so once you are relaxed you can drift off to sleep.

If you don't have time for a bath be sure to put some Lavender or Roman Chamomile on the pillows before going to bed. This too will help you relax and fall asleep quickly.

Hope this has helped you. As it has helped us these past couple of days. Next week, I hope to not be so stressed, our DSL will be working correctly and our business will carry on like usual.

Until next week – Just smell the roses (or lavender or your favorite oils).