

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

By Penny Keay

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Picture this scenario:

Here it is what has happened to us on a Monday (not recently but in the past).

We have several orders to put up from over the weekend, everything seemed to be going normal, and then – What was that? A Flash of lightning? Next thing you know the DSL and lifeline 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 become disrupted with many obstacles.

Stress is a major concern for many people. Everyone deals with little challenges every day.

We all can deal with those little annoyances when they come in little bits.

Next, 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 may 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. If the stress is getting to the point where it triggers a bunch of anxiety, then we suggest you try our Anxiety Stop blend before it gets way out of hand.

## What about helping with mental clarity?

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 thereafter, 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.

In the meantime – Just smell the roses (or lavender or your favorite oils).

## Uncertainty Blend

Anxiety can come in many forms, from just feeling uneasy, restless, apprehensive, worry and many more. Here is a blend to help you when you are a little uncertain or are facing an 'unknown'

Bergamot FCF – 20 drops

Geranium – 15 drop

Lavender – 10 drops

Blend the essential oils together in a small bottle; next add several drops to a personal inhaler or jewelry, use as needed.

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