

# ESSENTIAL OILS

## for MOOD MANAGEMENT

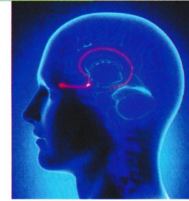
### Natural support for emotional well-being

Managing emotional health has become one of the most common concerns for individuals and families. Many of us feel overwhelmed by sadness, anxiousness, or unrelenting stress. Others are blocked by anger, fear, or grief. Essential oils can provide safe, natural support. This sheet offers suggestions for finding the right combination of oils to meet your needs.



#### WHY AROMA IMPACTS MOOD

Our brain is designed to use aroma to soothe and protect itself. As we inhale an essential oil, the aroma meets our brain in the olfactory bulb (known as the “emotional brain”) and triggers a series of chemicals. For example, lavender triggers serotonin, which has a relaxing effect on the mind and body.



#### For optimal results, quality is EVERYTHING

Talk to the person who gave you this sheet about the dos and don'ts of oil buying

### Techniques for mood support



#### PALM INHALE

Add a drop to your palms. Rub together, then cup your hands over your nose and mouth. Inhale deeply.

An easy technique you can use anywhere for a delightful burst of aroma.

TRY one drop each frankincense and peppermint to feel refreshed and energized.



#### DIFFUSER

Simply add 3-10 drops of essential oil to your diffuser and let it run next to your desk or bedside.

Provides aromatic benefits that can be enjoyed for hours by the whole family or office.

TRY a calming combination of lavender and cedarwood at bedtime.



#### MISTS

Add oils and water to misting bottles. Spritz into the air as needed.

Perfect for using in the car and on the go. Simply mist around you or as a perfume (avoid the eyes).

TRY orange and lavender for cranky kids.



#### ON THE SKIN

Apply oils to the bottoms of feet or the back of neck. They absorb readily into your skin. Add carrier oil to dilute\* for sensitive skin.

Touch can be soothing and bonding. Rubbing the feet of a nervous child or gently massaging a loved one's neck is a wonderful way to apply oils.

TRY calming vetiver or cooling peppermint.

\*To dilute combine 1 to 2 drops of essential oil in a teaspoon of carrier oil (such as coconut or olive oil).

#### Research shows

**Ylang ylang** calms and relaxes the mind and body. (Phytother Res. 2006 Sep; 20 (9):758-63)

**Lemon** reduces anxious and sad feelings, as does **clary sage** when used aromatically. (www.ncbi.nlm.nih.gov/pubmed/16780969 and www.ncbi.nlm.nih.gov/pubmed/20441789)

**Chamomile** improves focus and decreased hyperactivity in teenagers. (Niederhorfer, 2009)

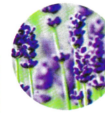
**Melissa** reduces stress without slowing activity level. (Phytomedicine. 2010 May;17(6):397-403. doi: 10.1016/j.phymed.2010.01.012. Epub 2010 Feb 18.)

**Orange** reduces anxiousness and increases positivity in dental offices. (Lehrner et al 2000)

**Peppermint** supports cognitive performance and mood. (Intern. J. Neuroscience. 2008; 118: 59-77)



#### FAVORITE OILS FOR MOOD MANAGEMENT



##### Lavender

- Eases sadness
- Soothes anxiousness
- Induces sleep



##### Frankincense

- Promotes relaxation
- Eases sadness
- Grounding



##### Orange

- Soothes anxiousness
- Eases sadness
- Energizes



##### Peppermint

- Energizes
- Clears mind
- Invigorates



##### Bergamot

- Soothes anxiousness
- Eases sadness
- Promotes letting go



##### Ylang ylang

- Eases sadness
- Relaxes
- Calms



##### Vetiver

- Eases nervous energy
- Calms anger
- Soothes



##### Roman chamomile

- Eases sadness
- Calms anxiousness
- Promotes relaxation



##### Lemon

- Eases sadness
- Calms anxiousness
- Clears thinking

**FOR CHILDREN:** Start slowly and use small amounts, diluting with a vegetable carrier oil. Avoid applying where oil could be rubbed into the child's eyes.

<b>Calming</b>	Lavender, ylang ylang, geranium, vetiver, frankincense, melissa
<b>Invigorating</b>	Wintergreen, eucalyptus, peppermint, citrus oils
<b>Uplifting</b>	Lemon, orange, peppermint, bergamot, geranium, melissa
<b>Relaxing</b>	Lavender, lemon, roman chamomile, geranium, ylang ylang
<b>Stimulating</b>	Peppermint, eucalyptus, orange, grapefruit, rosemary, basil

<b>Agitation</b>	Lavender, ylang ylang, geranium, bergamot, sandalwood
<b>Anger</b>	Roman chamomile, bergamot, sandalwood, ylang ylang
<b>Anxiousness</b>	Lavender, bergamot, chamomile, orange, lemon, ylang ylang, frankincense
<b>Apathy</b>	Eucalyptus or rosemary
<b>Energy</b>	Citrus oils, peppermint, basil, rosemary
<b>Estrogen Support</b>	Clary sage—apply to ankles and lower abdomen
<b>Disappointment</b>	Bergamot, cypress, frankincense, orange
<b>Fatigue</b>	Basil, orange, lemon, peppermint, frankincense, rosemary, coriander
<b>Fear</b>	Orange, ylang ylang, sandalwood, clary sage, ginger
<b>Grief</b>	Lemon, lavender, bergamot, geranium, clary sage, Roman chamomile
<b>Hyperactivity</b>	Lavender, roman chamomile, vetiver, patchouli, frankincense
<b>Hysteria</b>	Roman chamomile, lavender, vetiver, orange
<b>Impatience</b>	Roman chamomile, clary sage, frankincense
<b>Indecision</b>	Basil, clary sage, cypress, peppermint
<b>Loss of Appetite</b>	Black pepper, bergamot—use about thirty minutes before mealtime
<b>Memory</b>	Rosemary or peppermint
<b>Mental Fatigue</b>	Basil, clary sage, rosemary, peppermint, basil, eucalyptus, orange
<b>Nervousness</b>	Bergamot or basil
<b>Overeating</b>	Grapefruit, lemon, peppermint, ginger, black pepper
<b>Postpartum Sadness</b>	Lavender, frankincense, clary sage, ylang ylang—add to warm bath
<b>Sadness</b>	Bergamot, lavender, melissa, ylang ylang, geranium
<b>Sleeplessness</b>	Cedarwood, lavender, Roman chamomile, vetiver, ylang ylang
<b>Stress</b>	Lavender, lemon, ylang ylang, bergamot, sandalwood, vetiver
<b>Tension</b>	Lavender, chamomile, frankincense, peppermint

**OTHER PRODUCT RECOMMENDATIONS:**

**For more information about essential oils, contact:**

**LIFESTYLE CHANGES TO IMPROVE MOOD**

**Diet.** Increase your intake of whole, plant-based foods. Avoid processed foods.

**Oil help:** Inhaling grapefruit can help reduce appetite and curb cravings. Cinnamon promotes healthy blood-sugar levels.

**Product recommendations:**

**Gut health.** Recent studies show that a healthy balance of gut flora can improve your mood. Essential oils can promote digestive health while encouraging beneficial bacteria to flourish. (Hawrelak et al.)

**Product recommendations:**

**Exercise.** Moderate exercise three times weekly can reduce sadness and improve sleep quality.

**Oil help:** Peppermint can increase energy and aerobic performance.

**Sleep.** Seven to eight hours of sleep per night supports memory, mood, and focus.

**Oil help:** Try lavender and cedarwood. Diffuse, add to a warm bath, or apply to bottoms of feet.

**Hormone support.** Both men and women experience hormone imbalances and the associated health challenges.

**Oil help:** Geranium or thyme applied over the liver and/or kidneys supports progesterone.

- Geranium and frankincense support the endocrine system.
- Clary sage can provide support for estrogen imbalance.

**SAFETY PRECAUTIONS:** Keep oils out of reach of children. Do not use in the eyes or ear canals or on mucous membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils and blends containing them can increase sun sensitivity; allow at least twelve hours between application and exposing skin to the sun.

**DISCLAIMER:** This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice.