

## **Benefits of Aromatherapy to Reduce Stress for Caregivers**

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0:00 Hello, Talbot Friends and thank you, Healthy Talbot for putting this together! I am here today to talk a little bit how overwhelming life can be some times, the stress that comes with normal, daily living, sleep problems that can develop from normal, everyday living, and how that can affect our overall health. Temporary feelings of stress or sleeplessness - I think we've all experienced them more so in the last year, and that is OK, that is sometimes just a part of normal life, but I do want to stop and mention that if you are suffering from true anxiety or depression, things that don't fluctuate on a daily basis, the discussion that I am having today is not for you. I really want to encourage you to go, seek professional help. The discussion today is for those of us who deal with temporary stress, temporary sleep problems that might result in temporary changes in our health, so please seek medical, professional help if you have true depression or anxiety.

1:25 – So I want to talk a little bit about aromatherapy, and to do that, I thought that I would give you a definition to start with. Aromatherapy is the use of aromatic plant extracts and essential oils in massages and baths. We're not going to limit our discussion here to just massages and baths, however. Essential oils can play a big role in helping you manage day to day stress and those temporary sleep problems. Essential oils work by binding to receptors on our cells, and they can even cross the blood-brain barrier and affect our health and emotions. The way oils bind to the cells means they can also stimulate certain parts of our immune system, so it's a phenomenal science that goes into these.

2:22 - Simply smelling an essential oil can cause sensations of calm or happiness. Our noses are actually our only sensory organ that have a direct connection to our brain, and it connects to an area called our "Limbic System", which houses a lot of our emotions and memories. Because of this direct connection, essential oils have a dramatic impact, then, on our emotions. We can use essential oils to tap

into our memories, to change our mood, and some essential oils, just their energy of the oil itself is enough to help you change your mood. These plant potions recently have been getting a lot of attention. You're hearing a lot more about them, and you're finding them in a lot of different stores. This is good and bad.

3:17 -- I do want you to understand that essential oils have been around for centuries. They have been used for medicinal reasons, they have been used in ceremonial and religious purposes. They were mentioned in the Bible, and there is documentation going back before biblical times about their use. When used appropriately, we KNOW from all these centuries of use that essential oils are very safe, and very effective.

3:55 Using essential oils is not as difficult as you may think. There are 2 main ways that we are going to talk about today of how to use essential oils. We're going to talk about Aromatic Use and Topical Use today. So, Aromatic Use is one way of putting – using that white diffuser back there – putting oils into the air system. Using a diffuser is one of the simplest uses for an essential oil. It's great because anybody who came into my room here would be affected by those essential oils. You're simply walking through the air, and as you're breathing in those essential oils, there's a little sonic plate in these diffusers that help create a cool mist of water, and water helps carry those oil particles into the air. So most diffusers work on that kind of technology. You fill the diffuser with some water, and then you add drops of your favorite essential oil. Right now, I have two oils; I have one that is Pine, and I have one that is called "Stress Away". I needed something to calm me down a little bit today, and those were the two oils that I chose.

5:22 - So if you are looking for something maybe that's a little more personal, and something that's a little more portable, we can talk about diffuser jewelry. I have my necklace, and I have this bracelet. We can also talk about roller bottles. To use your diffuser jewelry, you pick your favorite essential oils, you drop your oils onto your diffuser jewelry, and when you need that help, you pick it up and

place it to your nose and you just breathe in. Super easy! You can find diffuser jewelry of all kinds and these roller bottles anywhere on the internet. To make a roller bottle, first of all, order your bottles! Then, you're going to choose your favorite essential oils. This is a one milliliter bottle, and when I make them, I usually put about fifteen to thirty drops of oil in this container. Now if you're thinking about using your oils on small children or infants, you want to dilute this even more, and maybe only put five to ten drops of oil in here. You're going to fill the rest of this bottle with what we call a "carrier oil". That can be anything like avocado, coconut, almond oil. Once it's all in there, give it a little shake, and then you're just going to roll it on, anywhere on your skin.

7:00 - So when we use immune supporting oils in our roller bottles, I like to put that on the bottom of our feet, and up and down our spine. When I use emotional support oils, I like to put it behind my ears or over my heart. When I want to use an oil that I want to access more continuously, like throughout my day, the inside of my wrists is my go-to place. That allows me to simply breathe it in. Do three or four breaths like that, and just that deep breathing alone has been shown to help decrease heart rate, decrease blood pressure, essentially, helping your body get to a better relaxation point. Add the essential oils in there, and that relaxation that you're getting simply from that deep breathing will last you for a longer period of time. Those oils will impact certain parts of your brain, also, to really help you either relax or maybe change your mood if you are in kind of a "blue" kind of day.

8:11 - One of my other favorite relaxation things is a hot bath. I don't know about you, but I like to just shut the door, and take – ten, fifteen..... thirty minutes (who am I kidding!) to myself, in peace and quiet. I love taking that experience to the next level, and making it feel like a spa day by putting in some Epsom salt that I have scented with some of my favorite essential oils. There's a whole variety of oils. We're not going to get into all of that today. I am going to list off some of my favorite oils for you. I want to let you know that as we continue this conversation, the oils that I will be referring to are by Young Living.

9:00 This is the company that I use, and they are the only oils that I am familiar with. I use them because quality is very important, and that's important as far as the safety of oils goes, also. All oil companies will have their own blends that they've kind of given their own little names to. When we talk about Immune Support, my favorites Thieves and Egyptian Gold. When we talk about Respiratory Support, my favorites are R.C., Lavender, and Tea Tree. When we talk about Sleep Support, my favorites are Lavender, Cedarwood and Rutavala. My favorites to uplift my mood if I am "blue" or just cranky are Orange, Joy, and Peppermint, and my favorites for calming someone, including myself, are Valor, Peace and Calming, and Stress Away. I hope this was helpful to you, and that this leaves you with a little bit more peace and happiness!