ESSENTIAL OILS for MOOD MANAGEMENT

Why use Essential Oils for Mood Management?
- Prescription antidepressants and their cascading side effects often require additional medications.
- Essential oils improve or resolve emotional issues safely without side effects.
- Essential oils have numerous health benefits. Lemon is effective for reducing stress and fatigue, increasing concentration AND is naturally antibacterial, relieves congestion, and soothes digestive discomfort.
- Powerfully concentrated, so small amounts are very effective and results are achieved quickly.

WHAT ARE CERTIFIED THERAPEUTIC GRADE ESSENTIAL OILS?

| 100% PURE PLANT EXTRACTS | CONTAIN ZERO FILLERS, PESTICIDES, CHEMICALS, OR ARTIFICIAL INGREDIENTS | WORK QUICKLY | NO SIDE EFFECTS, NON HABIT FORMING | RELIEVE PAIN, SOOTHE EMOTIONAL DISTRESS, EFFECTIVE AGAINST VIRUS & Bacteria | SAFE AND EFFECTIVE FOR ALL AGES |

KEY OILS FOR MOOD MANAGEMENT

- **LAVENDER**
  - Eases depression
  - Soothes anxiety
  - Induces sleep

- **FRANKINCENSE**
  - Promotes relaxation
  - Eases depression
  - Grounding

- **WILD ORANGE**
  - Soothes anxiety
  - Eases depression
  - Boosts energy

- **PEPPERMINT**
  - Boosts energy
  - Clears mind
  - Invigorating

- **BERGAMOT**
  - Soothes anxiety
  - Eases depression
  - Promotes letting go

- **YLANG YLANG**
  - Eases depression
  - Lowers blood pressure
  - Calms sadness

- **VETIVER**
  - Eases nervous energy
  - Calms anger
  - Soothes anxiety

- **SANDALWOOD**
  - Relaxing
  - Promotes concentration
  - Induces sleep

- **ROSEMARY**
  - Relieves fatigue
  - Eases depression
  - Promotes concentration

- **ROMAN CHAMOMILE**
  - Eases depression
  - Calms sadness
  - Promotes relaxation

WHY AROMA POWERFULLY AFFECTS THE BRAIN

Inhaling aromatic compounds from essential oils delivers them to the olfactory bulb, part of the brain's limbic system known as our 'emotional brain'. Odor stimuli in the limbic system release a series of brain chemicals. For example, Lavender triggers the endorphin serotonin, which has a relaxing effect on the mind and body.

THE OLFATORY BULB (shown in red) is the only place in the body where the central nervous system is exposed to the environment. Our brain is designed to use aroma to heal and soothe itself.

THE POWER OF PLANTS IN STUDIES

- **Ylang ylang** significantly decreased blood pressure. Subjects reported being calmer and more relaxed than the control group (Phytother Res. 2006 Sep; 20 (9):758-63).
- **Lemon** produces an anti-stress effect (Komiya M, Takeuchi T, Harada E. 2006).
- **Lavender** significantly improved the quality of sleep in heart patients (Moeini, M. et al, 2010 p. 234-9).
- **Orange** diffused in dental offices reduced patient anxiety and increased positivity (Lahmner et al 2000).
- **Rosemary** has an antidepressant-like effect (Machado DG, Bettio LE, Cunha MP, Capra JC, Dalmarco JB, Pizzolatti MG, Rodrigues AL).
ESSENTIAL OILS FOR MOOD MANAGEMENT

AGITATION: Lavender, Ylang Ylang, Geranium, Bergamot, Sandalwood—Diffuse or inhale.

ANGER: Roman Chamomile, Bergamot, Lemon, Rosemary, Melissa, Sandalwood, Ylang Ylang—Diffuse or inhale.

ANOREXIA: Vetiver, Bergamot—Diffuse or inhale.

ANXIETY: Lavender, Bergamot, Roman Chamomile, Wild Orange, Lemon, Ylang Ylang, Frankincense, Vetiver—Diffuse or inhale.

APATHY: Eucalyptus, Rosemary—Diffuse or inhale.

BULIMIA: Grapefruit—Diffuse or inhale.

ENERGY: Citrus oils, Peppermint, Lemon, Basil, Rosemary—Diffuse or inhale.

ESTROGEN IMBALANCE: Clary Sage—Apply to ankles and lower abdomen. (see Balance Hormones on reverse)

DEPRESSION: Bergamot, Lavender, Melissa, Ylang Ylang, Geranium—Diffuse or inhale. Apply to chest and feet.

DISAPPOINTMENT: Bergamot, Cypress, Frankincense, Wild Orange—Diffuse or inhale.

FATIGUE: Basil, Wild Orange, Lemon, Peppermint, Frankincense, Rosemary, Coriander—Diffuse or inhale.

FEAR: Wild Orange, Ylang Ylang, Sandalwood, Clary Sage, Ginger—Diffuse or inhale.

GRIEF: Lemon, Lavender, Bergamot, Geranium, Clary Sage, Roman Chamomile—Diffuse or inhale.

HYPERACTIVITY: Lavender, Roman Chamomile, Vetiver, Patchouli, Frankincense—Diffuse or inhale. Apply to crown of head.

HYSTERIA: Roman Chamomile, Lavender, Vetiver, Orange—Diffuse or inhale. Apply to chest and feet.

INDECISION: Basil, Clary Sage, Cypress, Peppermint—Diffuse or inhale.

IMPATIENCE: Roman Chamomile, Clary Sage, Frankincense—Diffuse or inhale.

INSOMNIA: Lavender, Roman Chamomile, Ylang Ylang—Diffuse or inhale. Use a drop of Clary Sage under tongue

LOSS OF APPETITE: Black Pepper, Bergamot—Diffuse or inhale about 30 minutes before mealtimes.

MEMORY: Rosemary, Peppermint—Diffuse or inhale. Apply a drop to shirt collar or temples.

MENTAL FATIGUE: Basil, Clary Sage, Lemongrass, Rosemary, Peppermint, Basil, Eucalyptus, Wild Orange—Diffuse or inhale.

NERVOUSNESS: Bergamot, Basil—Diffuse or inhale.

OVEREATING: Grapefruit, Lemon, Peppermint, Ginger, Black Pepper—Diffuse or inhale.

POSTPARTUM DEPRESSION: Lemon, Lavender, Frankincense, Clary Sage, Ylang Ylang—Diffuse or inhale, add to warm bath.

STRESS: Lavender, Lemon, Ylang Ylang, Bergamot, Sandalwood—Diffuse or inhale.

TENSION: Lavender, Ylang Ylang, Roman Chamomile, Frankincense, Peppermint—Diffuse or inhale. Apply a drop to temples.

FOR MORE INFORMATION OR TO PURCHASE ESSENTIAL OILS, CONTACT:

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HOW TO USE ESSENTIAL OILS FOR MOOD—

DIFFUSION. Diffuse during morning routines for a great beginning to your day.

Diffuse throughout the day—try stimulating oils for work or study time, uplifting oils if you are low on energy, and sedative oils at bedtime.

INHALE. Clear your mind then inhale directly from an open bottle, or rub a drop of oil between your palms and breathe in the aroma. Do this throughout the day.

TOPICALLY. Apply oils to the bottoms of feet, chest, temples, and pulse points.

BATHS. Add 2-5 drops of essential oil to bath water. Oils to avoid in baths: Peppermint, Cinnamon, Cassia, Clove, Oregano, Wintergreen, Lemongrass.

MEDITATION. Ease tension and get circulation moving. Bring oils to your therapist, or massage yourself at home. Massage on the feet allows oils to quickly enter the bloodstream.

FOR CHILDREN. These suggestions are safe for children. Start slowly and use small amounts. Avoid applying where a child may rub oil in their eyes. If an oil is uncomfortable, apply a vegetable carrier oil.

ESSENTIAL OIL BLENDS FOR MOOD MANAGEMENT

BALANCING BLEND (Spruce, Rosewood, Frankincense, Blue Tansy) Brings peace, calm, and tranquility to emotional upset. Helps release pent up emotions and improve positive outlook.

CITRUS INVIGORATING BLEND (Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, Vanilla) Uplifts emotions, relieves anxiety, promotes energy, reduces tension and depression.

ELEVATING BLEND (Lavandin, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, Sandalwood) Uplifts lethargy, sadness, or stress, invokes cheerful, inspired feelings.

FOCUS BLEND (Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile) Improves concentration, focus, and healthy thought process. Helpful for children who struggle to stay on task and focus.

PAST TENSION BLEND (Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Chamomile, Rosemary) Relieves painful headache, neck aches, and tension. Apply to neck and temples.

SERENE CALMING BLEND (Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Sandalwood, Vanilla) Soothes and calms emotions, helps relieve headache, nervous tension and anxiety.

SOLACING MONTHLY BLEND (Clary sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, Guatemala, Vetiver) Balances hormones, eases symptoms of PMS and menopause.

WHISPERING BLEND (Patchouli, Bergamot, Sandalwood, Cinnamon, Vetiver, Ylang Ylang, Absolutes of Rose, Jasmine, Cistus, Cocoa, Vanilla) Promotes feelings of beauty, calms anxiety, prevents hot flash.

DISCLAIMER: This handout provides information on essential oils. It is not a substitute for medical advice. SAFETY PRECAUTIONS: Essential oils should not be used in the eyes, inside the ear canal, or on mucous membranes. If redness or irritation occurs, apply a carrier oil to the affected area—water will not dilute essential oils. Citrus oils and blends containing them can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

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