

## Speaking of...Mindful Wellness Yikes, so much *STRESS*...

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### Lemon Essential Oil



Don't forget to stock up on your **Lemon Essential Oil**. As the kids go back to school and routines come back into play, **diffusing** lemon in your home will actually disinfect the air, killing bacteria and "bugs" floating around that family members may be bringing home.

Lemon works as a powerful de-stressor for your home, as well. If you like, add a couple of drops of **Peppermint Oil Essential Oil**, as well, to enhance mental clarity for homework time.

Dear Jacky,

It's back to school time for so many people. This, along with other day to day family, work responsibilities can really set the household upside down! In this issue you'll find out how stress impacts your body and some back to school tips to help make the transition a little easier.

Find even more stress busters and ways to feel better visit my website,

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Here's to taking a little time for yourself...

Jacky

### Yikes! How stress affects your body...

This crazy time of year can wreak havoc on your body.

Too much of anything is bad for the health. Give yourself a break to reduce stress in your life. A little stress is actually good, as it could serve to help you function at your best. However, stress that seems a little too much could take a physical, as well as mental, toll to your body. Look for ways to reduce stress.



### So how should you do it then?

#### Write it out, schedule it out, to Reduce Stress

Some experts feel that it is best to write down everything that seems to be overwhelming. You might find that things-to-do-list much easier to manage than having assignments all crumpled up in your head. Reduce Stress by writing down the tasks, and then put a specific schedule and time to do them. It may ease your mind to manage activities one chunk at a time. Crossing out an

## Animal Lovers



For all of you animal lovers and those who want a to add a fresh scent to your mattress, this spray is a must. I love animals, but I don't want their bed to have a lingering pet odor. I've found this spray solves my problem for an extended period of time!

### Pet Bed Spray

10 drops [Lemon EO](#)

5 drops [Orange EO](#)

2 drops [Rosemary EO](#)

4 oz. [Spray Bottle](#)

Simply fill the bottle with water, making sure you leave a little room to add the essential oils. Shake well and then spray on their bed and in their cage to eliminate odors and deter bugs. You can use this same spray on your own mattress.

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activity that has already been accomplished is very rewarding and could actually help you feel more relaxed when doing the other tasks at hand. Reward yourself with a deep breath each time you cross out a task and see how even this simple task help you reduce stress.

### One at a time works

Focus and put all your attention specifically on one task at one time. It does not help to feel panicky about the other undone or to-do tasks. Thinking about them only adds...

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## Make your student feel special...

### Make your student feel special...

Almost any essential oil can help with learning and studying skills. Depending on your needs, most oils have either stimulating or sedative properties, either refreshing the mind or calming those who are worried about their performance. Several oils are known for their ability to improve mental acuity and focus. These are:

- [Frankincense](#) (*Boswellia carteri*) - one of the most powerful healing oils, frankincense stimulates the limbic system of the brain as well as the hypothalamus, pineal and pituitary glands. It has been used to fight against cancer and depression.
- [Rosemary](#) (*Rosmarinus officinalis*) - the bright, sharp fragrance of rosemary is clarifying to the mind and emotions.
- [Peppermint](#) (*Mentha piperita*) - stimulating and refreshing, the sweet smell of peppermint oil is used to awaken the mind and heighten the senses. It is one of the best oils to boost energy, creativity and learning skills.

Write a special note wishing them well on a test, telling them you're proud of how hard they worked to finish homework, or how they did something without being asked. Add a drop or two of Essential Oil to the note and then pop it in a plastic baggie and include it in their lunch bag. It might be a welcome comfort or encouragement from Mom or Dad and they'll get the added therapeutic effects from the scent.

Comments, suggestions or questions are always welcome.

[Here's to Healthy Habits,](#)

*Jacky*

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