[Relieving Stress with Essential Oils—Part I](https://blog.youngliving.com/relieving-stress-with-essential-oils-part-i/)

Whether it comes from the busy tax season or juggling family and work schedules, everyone experiences stress in their lives. We can’t always control what challenges we face, but we *can*control how we react. In the first part of my Relieving Stress series, I’m going to share some simple things that I have found useful in reducing my stress levels and creating a more energizing and relaxed environment.

**Inhale Essential Oils Directly or Diffuse**

When I need a boost of pep and clarity of mind, I’ll put a drop of [Peppermint](http://www.youngliving.com/en_US/products/essential-oils/singles/peppermint-essential-oil" \t "_blank) on my palm, rub my hands together, cup my hands over my nose, and take three deep breaths. I also use [Thieves Waterless Hand Purifier](http://www.youngliving.com/en_US/products/home/natural-protection/thieves-waterless-hand-purifier" \t "_blank), [V-6™ Vegetable Oil Complex](http://www.youngliving.com/en_US/products/essential-oils/massage-oils/v-6-enhanced-vegetable-oil-complex" \t "_blank), or any Young Living lotions afterward so I don’t get essential oils in my eyes or keyboard. Inhale or diffuse any of the following oils to give yourself a lift:

* [Lemon](http://www.youngliving.com/en_US/products/essential-oils/singles/lemon-essential-oil" \t "_blank), [Grapefruit](http://www.youngliving.com/en_US/products/essential-oils/singles/grapefruit-essential-oil" \t "_blank), [Lime](http://www.youngliving.com/en_US/products/essential-oils/singles/lime-essential-oil" \t "_blank), [Tangerine](http://www.youngliving.com/en_US/products/essential-oils/singles/tangerine-essential-oil" \t "_blank), [Orange](http://www.youngliving.com/en_US/products/essential-oils/singles/orange-essential-oil" \t "_blank), or [Citrus Fresh](http://www.youngliving.com/en_US/products/essential-oils/blends/citrus-fresh-essential-oil" \t "_blank)[™](http://www.youngliving.com/en_US/products/essential-oils/blends/citrus-fresh-essential-oil" \t "_blank) promote positive emotions and mental clarity.
* [En-R-Gee™](http://www.youngliving.com/en_US/products/essential-oils/blends/en-r-gee-essential-oil" \t "_blank) uplifts and energizes.
* [Envision™](http://www.youngliving.com/en_US/products/essential-oils/blends/envision-essential-oil" \t "_blank) encourages renewed faith in the future.
* [Gratitude™](http://www.youngliving.com/en_US/products/essential-oils/blends/gratitude-essential-oil" \t "_blank) supports emotional and spiritual progress.
* [Hope™](http://www.youngliving.com/en_US/products/essential-oils/blends/hope-essential-oil" \t "_blank) allows you to restore your faith by reconnecting with feelings of strength.
* [Joy™](http://www.youngliving.com/en_US/products/essential-oils/blends/joy-essential-oil) creates magnetic energy and brings happiness to the heart.
* [Motivation™](http://www.youngliving.com/en_US/products/essential-oils/blends/motivation-essential-oil) promotes feelings of action and accomplishment.

**Muscle Relief**

Getting a massage with [Ortho Ease](http://www.youngliving.com/en_US/products/essential-oils/massage-oils/ortho-ease-massage-oil)®, [Relaxation](http://www.youngliving.com/en_US/products/essential-oils/massage-oils/relaxation-massage-oil)™, or [Ortho Sport](http://www.youngliving.com/en_US/products/essential-oils/massage-oils/ortho-sport-massage-oil)® massage oils helps relieve, relax, and soothe tired, overworked muscles. You can even give a self-massage: Add a few drops of V-6 to a drop of [Relieve It™](http://www.youngliving.com/en_US/products/essential-oils/blends/relieve-it-essential-oil), [PanAway®](http://www.youngliving.com/en_US/products/essential-oils/blends/panaway-essential-oil), or [Wintergreen](http://www.youngliving.com/en_US/products/essential-oils/singles/wintergreen-essential-oil) and rub your hands and feet. The pressure points on these extremities act as a full-body massage. I also take soothing, hot baths with Epsom salt and 8–10 drops of [Peace & Calming®](http://www.youngliving.com/en_US/products/essential-oils/blends/peace-calming-essential-oil) or any of our Eucalyptus oils ([Blue](http://www.youngliving.com/en_US/products/essential-oils/singles/eucalyptus-blue-essential-oil),[Globulus](http://www.youngliving.com/en_US/products/essential-oils/singles/eucalyptus-globulus-essential-oil), or [Radiata](http://www.youngliving.com/en_US/products/essential-oils/singles/eucalyptus-radiata-essential-oil)) for a peaceful and relaxing break.

For relaxation on the go, I always keep a [Deep Relief™ Roll-On](http://www.youngliving.com/en_US/products/essential-oils/roll-ons/deep-relief-roll-on" \t "_blank) in my purse. My shoulders and back get tired from sitting at my desk, so I’ll apply the oils to my shoulders during the day at work or right before bed to soothe those tight muscles.

Try these simple but effective ideas and you’ll notice immediate relief from life’s daily stresses! Please leave a comment below and share some of your own ideas!

—Heidi Jeanfreau, YL International and Portfolio Brand Manager

[Relieving Stress with Essential Oils—Part II](https://blog.youngliving.com/relieving-stress-with-essential-oils-part-ii/)

Relax. It’s good for you; you deserve it; and it takes less time than you think! The key to managing daily stress is to learn healthy coping strategies. In this, the second part of my Relieving Stress series, I’ll share more ideas for quick, simple ways to relax your mind and body.

**Straighten Up**

Taking a minute to organize and straighten your home or work environment will do a world of good to remove mentally distracting clutter. A simple and organized space will allow you to focus more fully on the task at hand.

**Take a Short Walk**

If you need a break during work, take a short walk outside. Breathing fresh air and enjoying some sunshine will get your circulation flowing and refresh and stretch your muscles.

**Meditate**

If you’re like me, free time is an extravagance that you don’t enjoy frequently. However, just three minutes of meditation can calm your mind and help create a more peaceful and manageable day. To take your meditation to the next level, diffuse or apply a few drops of the following essential oils topically to your temples, the nape of your neck, your heart, or the soles of your feet while meditating:

* [Hong Kuai](http://www.youngliving.com/en_US/products/essential-oils/singles/hong-kuai-essential-oil" \t "_blank), [Hinoki](http://www.youngliving.com/en_US/products/essential-oils/singles/hinoki-essential-oil), [Frankincense](http://www.youngliving.com/en_US/products/essential-oils/singles/frankincense-essential-oil" \t "_blank), [Sacred Frankincense](http://www.youngliving.com/en_US/products/essential-oils/singles/sacred-frankincense-essential-oil)™, [Idaho Balsam Fir](http://www.youngliving.com/en_US/products/essential-oils/singles/balsam-fir-idaho-essential-oil), [Juniper](http://www.youngliving.com/en_US/products/essential-oils/singles/juniper-essential-oil), or[Pine](http://www.youngliving.com/en_US/products/essential-oils/singles/pine-essential-oil) can help increase spiritual awareness.
* [Ylang Ylang](http://www.youngliving.com/en_US/products/essential-oils/singles/ylang-ylang-essential-oil) helps control negative feelings.
* [Inspiration](http://www.youngliving.com/en_US/products/essential-oils/blends/inspiration-essential-oil)™ enhances spirituality and meditation.
* [Jasmine](http://www.youngliving.com/en_US/products/essential-oils/singles/jasmine-essential-oil) boosts self-confidence and promotes a positive outlook.
* [Palo Santo](http://www.youngliving.com/en_US/products/essential-oils/singles/palo-santo-essential-oil) helps ward off negative emotions.
* [Myrtle](http://www.youngliving.com/en_US/products/essential-oils/singles/myrtle-essential-oil) promotes uplifting emotions.
* [Lemon Myrtle](http://www.youngliving.com/en_US/products/essential-oils/singles/lemon-myrtle-essential-oil) clears the mind.
* [Humility](http://www.youngliving.com/en_US/products/essential-oils/blends/humility-essential-oil)™ promotes deeper spiritual and emotional awareness.
* [Awaken](http://www.youngliving.com/en_US/products/essential-oils/blends/awaken-essential-oil" \t "_blank)™ heightens awareness of your limitless potential.
* [Present Time](http://www.youngliving.com/en_US/products/essential-oils/blends/present-time-essential-oil)™ sharpens your focus on the here and now.
* [Believe](http://www.youngliving.com/en_US/products/balance/emotional-wellness/believe-essential-oil-new-formula)™ encourages feelings of strength and faith.
* [Abundance](http://www.youngliving.com/en_US/products/essential-oils/blends/abundance-essential-oil)™ attracts prosperity and magnifies joy and peace.
* [Release](http://www.youngliving.com/en_US/products/essential-oils/blends/release-essential-oil)™ facilitates the release of anger and frustration and promotes harmony and balance.
* [Transformation](http://www.youngliving.com/en_US/products/essential-oils/blends/transformation-essential-oil" \t "_blank)™ empowers you to replace negative beliefs with uplifting thoughts.

Leave a comment and let me know some of your methods for reducing stress in your day!

—Heidi Jeanfreau, YL International and Portfolio Brand Manager

[Relieving Stress with Essential Oils, Part III](https://blog.youngliving.com/relieving-stress-with-essential-oils-part-iii/)

Although stress is a natural mechanism designed to keep us prepared for challenges, most modern lifestyles add more daily stress than our bodies are made to handle. In fact, studies have shown that modern, everyday stresses, if left unchecked, can negatively impact our health! In the third part of my Relieving Stress series, I’ve included some additional suggestions to help you alleviate some of the stress in your life.

**Relaxing Music**

Beethoven said, “Music is the electrical soil in which the spirit lives, thinks, and invents.” Studies have shown that listening to classical music like Mozart can help your kid’s concentration during homework. Diffuse some of the following essential oils while listening to soothing music and you’ve created a sensory-nourishing environment for clarity and focus:

* [Clarity™](http://www.youngliving.com/en_US/products/essential-oils/blends/clarity-essential-oil" \t "_blank) clears you mind and restores mental alertness.
* [Brain Power™](http://www.youngliving.com/en_US/products/essential-oils/blends/brain-power-essential-oil" \t "_blank) clarifies thought and gives greater focus.
* [Common Sense™](http://www.youngliving.com/en_US/products/essential-oils/blends/common-sense-essential-oil) boosts decision-making ability.

**Essential Oil Roll-Ons**

Apply [Tranquil](http://www.youngliving.com/en_US/products/essential-oils/roll-ons/tranquil-roll-on)™ or [Stress Away](http://www.youngliving.com/en_US/products/essential-oils/roll-ons/stress-away-roll-on)™ Roll-Ons to your temples or neck for a quick way to soothe and relax stressed nerves.

**Essential Oils**

Use the new [Aroma Diffuser](http://www.youngliving.com/en_US/products/essential-oils/tools/aroma-diffuser) or apply the following oils topically to help calm and uplift. You can even create your own blend of two or three oils to create a custom, stress-relieving effect.

* [Roman Chamomile](http://www.youngliving.com/en_US/products/essential-oils/singles/roman-chamomile-essential-oil" \t "_blank) has calming and relaxing properties.
* [Sandalwood](http://www.youngliving.com/en_US/products/essential-oils/singles/sandalwood-essential-oil) encourages deeper meditation.
* [Neroli](http://www.youngliving.com/en_US/products/essential-oils/singles/neroli-essential-oil) encourages confidence, hopefulness, and peace.
* [Lavender](http://www.youngliving.com/en_US/products/essential-oils/singles/lavender-essential-oil) calms the mind and body.
* [Cedarwood](http://www.youngliving.com/en_US/products/essential-oils/singles/cedarwood-essential-oil) promotes relaxation, balance, and increased mental focus.
* [Valerian](http://www.youngliving.com/en_US/products/essential-oils/singles/valerian-essential-oil) was historically regarded for its calming properties.
* [Ylang Ylang](http://www.youngliving.com/en_US/products/essential-oils/singles/ylang-ylang-essential-oil" \t "_blank) relaxes the mind and uplifts emotions.

Please leave a comment below and share how you use essential oils to help relieve stress in your life!

—Heidi Jeanfreau, YL International and Portfolio Brand Manager

[Relieving Stress with Essential Oils, Part IV](https://blog.youngliving.com/relieving-stress-with-essential-oils-part-iv/)

[](http://blog.youngliving.com/wp-content/uploads/2014/05/Journal.jpg)

A great way to learn healthy coping strategies for managing your stress is to try new techniques, find a few that work for you, and practice them until they become habits. In this, the fourth part in my series on relieving stress, I’ll offer some quick and easy tips using essential oils that you can incorporate to help you relax physically and mentally.

**Write**

Sometimes the best way to let off steam is to write down whatever is bothering you by truly expressing your feelings. Diffuse [Grounding™](http://www.youngliving.com/en_US/products/essential-oils/blends/grounding-essential-oil), [Release™](http://www.youngliving.com/en_US/products/essential-oils/blends/release-essential-oil), [Clarity™](http://www.youngliving.com/en_US/products/essential-oils/blends/clarity-essential-oil),  or [Inner Child™](http://www.youngliving.com/en_US/products/essential-oils/blends/inner-child-essential-oil) with the [Aroma Diffuser](http://www.youngliving.com/en_US/products/essential-oils/tools/aroma-diffuser) or apply them topically to encourage clarity while you put your feelings down on paper. Once you have identified your frustrations, you can focus on a plan of action for changing the things that you can control and releasing those that are out of your control.

**Gratitude Journal**

Spending five minutes writing down a few things that you are grateful for each day will help shift your focus from what may not be working well to the many positive things in your life. This exercise can shift energy away from negative thoughts and call to mind positive experiences. Diffuse or topically apply [Gratitude™](http://www.youngliving.com/en_US/products/essential-oils/blends/gratitude-essential-oil), [Harmony™](http://www.youngliving.com/en_US/products/essential-oils/blends/harmony-essential-oil), [Hope™](http://www.youngliving.com/en_US/products/essential-oils/blends/hope-essential-oil), [Humility™](http://www.youngliving.com/en_US/products/essential-oils/blends/humility-essential-oil), [Inspiration™](http://www.youngliving.com/en_US/products/essential-oils/blends/inspiration-essential-oil), or[Joy™](http://www.youngliving.com/en_US/products/essential-oils/blends/joy-essential-oil) to enhance feelings of strength and increase your sense of gratitude.

**Smile**

Physiologically, when you smile your whole countenance shifts. If that smile is genuine, your attitude will shift too, and you will increase positive feelings. If you’re having a hard time “finding” a genuine smile, look to the items in your gratitude journal and diffuse or topically apply [**Joy™**](http://www.youngliving.com/en_US/products/essential-oils/blends/joy-essential-oil) or [**Citrus Fresh**™](http://www.youngliving.com/en_US/products/essential-oils/blends/citrus-fresh-essential-oil) to help boost your mood and lift your spirits.

**Movement**

Moving your body by stretching or doing a few short yoga poses is a quick way to physically shift your energy field. Take a few moments to diffuse or topically apply the following oils to help ground you and uplift your spirit during stretching:

* [En-R-Gee™](http://www.youngliving.com/en_US/products/essential-oils/blends/en-r-gee-essential-oil)
* [Awaken™](http://www.youngliving.com/en_US/products/essential-oils/blends/awaken-essential-oil)
* [Envision™](http://www.youngliving.com/en_US/products/essential-oils/blends/envision-essential-oil)
* [Live with Passion™](http://www.youngliving.com/en_US/products/essential-oils/blends/live-with-passion-essential-oil)

Comment below with ways that you incorporate essential oils to help shift your energy and relieve stress in your life. I always love getting your input!

—Heidi Jeanfreau, Young Living International and Portfolio Brand Manager