



Essential Oil Blends For Anxiety

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



What Is Anxiety?

Most people will have experienced being anxious at some time or another, whether that's before an important event such as a job interview or going into a situation they were unsure of, this is normal and once the situation or event has passed the anxiety also passes. However, if these feelings of anxiety persist to the point where the feelings of worry, nervousness or even fear start to impact your ability to live your life normally, for example if these feelings stop you from doing things you want or need to do it could be a sign you have an anxiety disorder.

Anxiety is an extremely common disorder with an estimated 1 out of 10 people experiencing a level of anxiety that impacts their life. There are a number of factors that increase your risk of suffering from anxiety, such as life experiences such as experiencing a trauma or big life change such as the loss of a loved one or a job. Certain substances such as caffeine and alcohol can increase feelings of anxiety in certain people, it can also be as simple as genetics and personality with some people having more nervous dispositions or personalities.

Your personal circumstances can play a big role in anxiety, sometimes we know what is causing our anxiety. When we deal with the problem goes, we can often find that we deal with our anxiety as well.

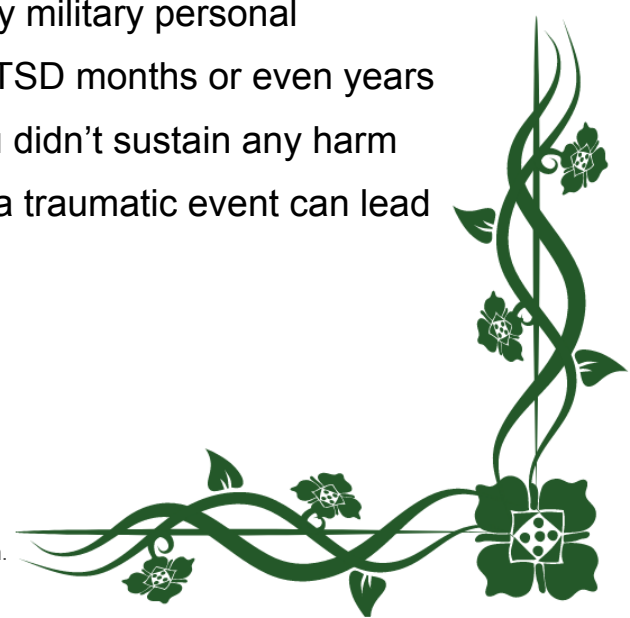
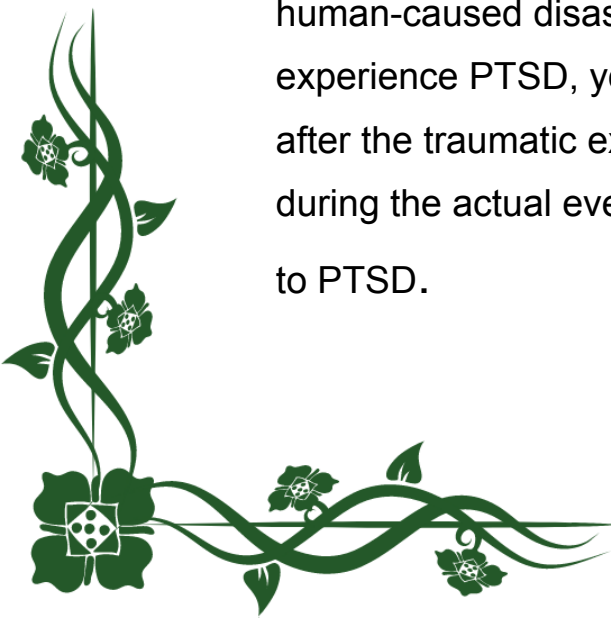


Different Types of Anxiety

Anxiety affects people in different ways and presents in different ways.

There are five main types of anxiety disorders:

- **Generalised Anxiety Disorder (GAD)** is the most common people will worry excessively even when there is seemingly nothing to have made them worry. GAD can take more than 6 months to diagnose as the onset of GAD is usually not triggered by anything specific as is the case with other forms of anxiety, experiencing anxiety that negatively impacts your life for 6 months or more is therefore diagnosed as GAD.
- **Obsessive-Compulsive Disorder (OCD)** is where someone has recurrent, unwanted thoughts or obsessions. They often display repetitive behaviours such as hand washing, counting, checking, or cleaning. Not completing these behaviours can lead to extreme anxiety often with the belief that something bad will happen.
- **Post-Traumatic Stress Disorder (PTSD)** - this disorder usually occurs after experiencing a terrifying event or ordeal. Traumatic events may trigger PTSD including being assaulted, natural or human-caused disasters, accidents, many military personal experience PTSD, you can experience PTSD months or even years after the traumatic experience even if you didn't sustain any harm during the actual event, even witnessing a traumatic event can lead to PTSD.



- **Panic Disorder** - people with this disorder can experience unexpected and repeated episodes of intense fear, they may complain of chest pains, tightening of the chest, palpitations, shortness of breath, dizziness, or abdominal distress.
- **Social Phobia/Social Anxiety Disorder** - people with this often feel extremely anxious in everyday social situations, this can be to specific social situations such as public speaking or large groups to everyday social situations where they are around people, this can include shopping, traveling on public transport or family gatherings.



Symptoms of Anxiety

The symptoms of Anxiety include:

- Racing/irregular heartbeat and chest pain or tightening of the chest and shortness of breath
- Sweating and hot flashes
- Dry mouth
- Feeling sick, churning stomach, dizziness and feeling faint
- Numbness, pins and needles or a tingling sensation in your fingers
- A need to go to the toilet often or all of a sudden
- Feelings of worry are out of proportion to the situation
- Avoiding situations
- Unable to control emotions
- Panic/anxiety attacks
- Unable to control thoughts/racing thoughts
- Difficulties concentrating
- Feelings of dread, panic or 'impending doom'
- Irritability and restlessness
- Difficulty sleeping
- Changes in appetite
- Headaches



Essential Oil Blends For Anxiety

Bergamot Blend

Bergamot –with its antidepressant properties, Bergamot can help ease symptoms of anxiety.

Melissa – Melissa has excellent uplifting and sedative properties helping to soothe frayed nerves whilst boosting mood.

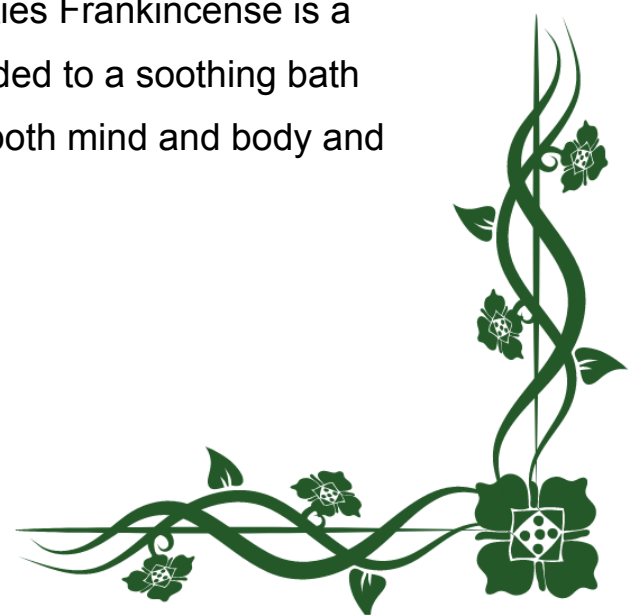
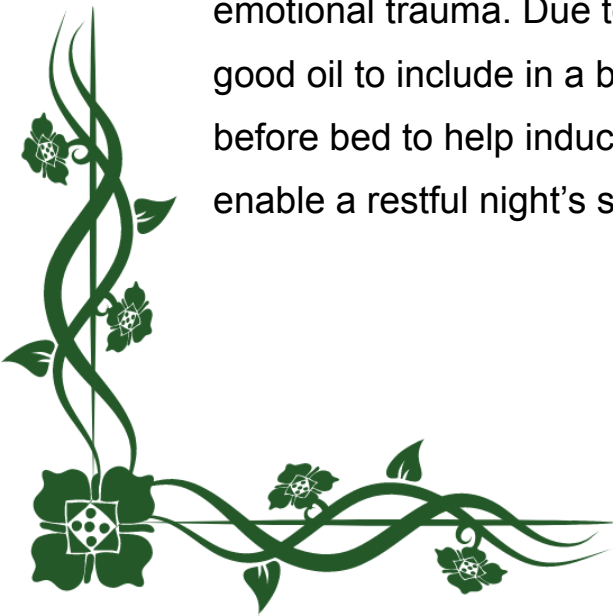
Frankincense - Frankincense has sedative properties which can help to calm nerves and ease anxious feelings.

Frankincense Blend

Thyme – Is a good general tonic oil to take to improve emotional well-being.

Lavender– Like Thyme, Lavender essential oil is a perfect essential oil for relieving anxiety with its calming nervine properties.

Frankincense - This is a most effective oil for people suffering from emotional trauma. Due to its sedative properties Frankincense is a good oil to include in a bedtime routine or added to a soothing bath before bed to help induce a relaxed state of both mind and body and enable a restful night's sleep.



Basil Blend

Basil – Basil is a great natural antidepressant, it can help to lift mood and balance emotions.

Marjoram – This is a great oil to use for anxiety with its nervine, restorative and sedative properties it can help to calm nerves and relax the mind.

Cedarwood - Cedarwood can be used as a general tonic to boost well-being, it's a soothing and calming oil with restorative and sedative properties it can help soothe and calm jangled nerves.



Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

Bergamot Blend

Bergamot – 3 drops

Melissa– 3 drops

Frankincense – 3 drops

Thyme Blend

Thyme – 3 drops

Lavender – 3 drops

Frankincense – 3 drops

Basil Blend

Basil – 3 drops

Marjoram– 3 drops

Cedarwood– 3 drops



Ways To Use Your Blend

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

Diffuse

Diffusing a blend of these essential oils can help to relieve the symptoms of anxiety, releasing tension and calming the mind.

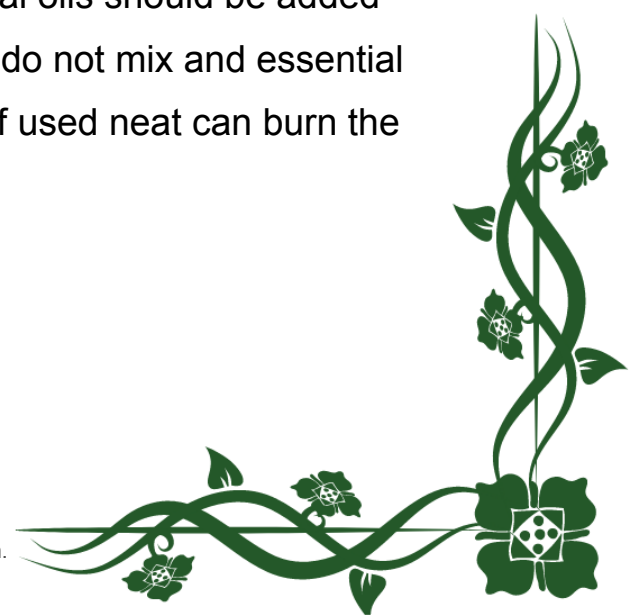
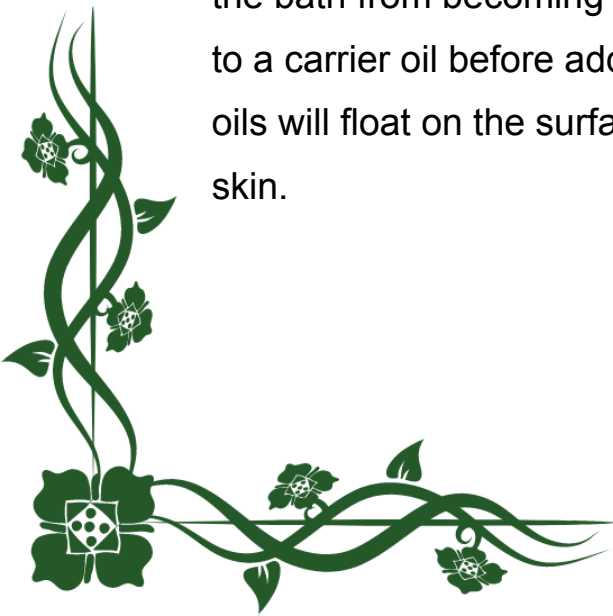
- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

Bath

Taking a warm bath using these wonderful healing blends can help relieve calm the mind and release tension in the body. As the oil disperses into the air it can help to bring a sense of calm.

- Add 1 - 3 drops of your chosen essential oil blend to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

Inhaling these blends of essential oils can be effective in helping to relieve feelings of anxiety and calm nerves.

- Simply drop 1 -3 drops of your chosen blend of essential oils on a tissue or handkerchief and breath in deeply. Use as needed

Ointment

Mix with some carrier oil such as almond oil olive oil and dab a little under the nose or on the wrists.

- Mix 1 to 2 drops of your chosen essential oil blend to a tablespoon of carrier oil such as olive oil or almond oil.



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

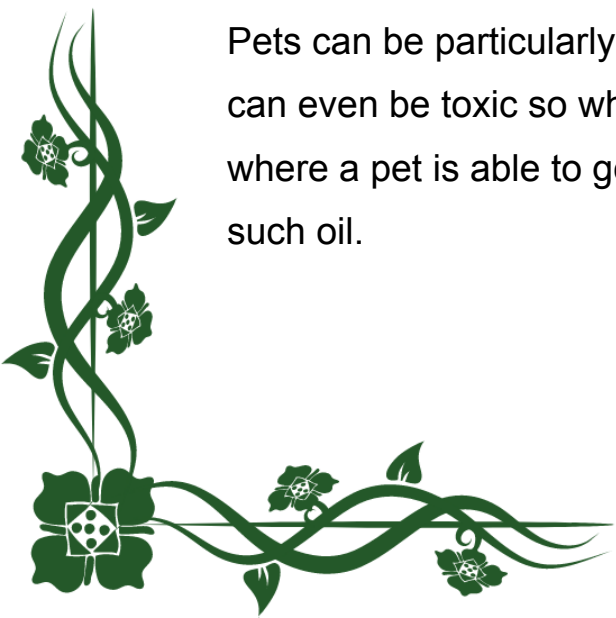
Basil should not be used during pregnancy and if used in excess can act as a depressant.

People with an allergy to mint should not use Thyme as they may also be allergic to Thyme oil. Thyme should not be used if you suffer with high blood pressure. Pregnant or breastfeeding mums should avoid using Thyme. Avoid using on or around children.

Bergamot can cause skin irritation or allergic reactions in some people. As with all citrus oils you should avoid exposure to the sun or using a sunbed for about 12 hours after using Bergamot as it can cause skin pigmentation problems.

Frankincense and Melissa should not be used by pregnant women due to their emmenagogue properties which may induce menstruation.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Melissa is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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