



Guide to CBD and Essential Oils for Stress Relief, Energy and Vitality

<http://www.MindfulMomentum.org>

Hi, I'm Christina. For years I was caught up in a busy cycle of overdoing and over-committing. I was always busy, on the go, and trying to pack more into each day, and eventually the stress got to me. I started to feel tired all the time, my mood changed, and I developed unhealthy habits like relying on caffeine and eating mindlessly in front of the TV at the end of the night. Eventually I suffered from chronic fatigue, hormone imbalance, and weight gain.

Living without energy and vitality was not sustainable for me, so I made a commitment to myself to prioritize and improve my own physical and mental well-being. Along with meditation, dietary changes, and new lifestyle habits, I also incorporated CBD and essential oils into my daily routine to reduce my stress levels and heal my body.

If you are burned out and ready to turn things around, I can help you to specifically identify how stress is affecting you and how to get started with managing it. As an integrative nutrition coach and meditation instructor, I offer a sustainable, holistic solution to increasing energy and bouncing back from burnout.

In this guide, I offer you some of my favorite oil product recommendations for easing stress, tension, and anxiety. I hope that some of these products will help get you on your way to feeling restored and revitalized. If you have any questions or would like to set up a free consultation, please email me at Christina@mindfulmomentum.org.

CBD and Essential Oils for Stress Relief

Stress is inevitable in present day life. We're always on the go, trying to check off everything on our to-do lists, not to mention we're taking care of everyone around us. And while it's nearly impossible to avoid it, chronic stress can lead to several health issues.

How does stress affect your health?

Body & Mind

Stress can affect your body, your thoughts and feelings, and your behavior. Stress that's left unresolved can contribute to health problems, such as high blood pressure, heart disease, obesity and diabetes. Stress can also affect your mind. People under large amounts of stress can become tired, irritable, unhappy, and unable to concentrate or think clearly.

Cravings

Studies have linked cortisol, a hormone released during times of stress, to cravings for sugar and fat. Scientists believe the hormone binds to receptors in the brain that control food intake. Ever notice when you're stressed you reach for cookies or sweets?

Weight

Weight gain can be a result of increased appetite and sugar cravings during stressful times, but the stress hormone cortisol may also increase the amount of fat tissue your body hangs onto and enlarge the size of fat cells. Higher levels of cortisol have been linked to belly fat.

Sleep

While specific stressful events may cause insomnia, long-term chronic stress can also disrupt sleep and cause sleep disorders. If you go to bed worried, you most likely will wake up in the middle of the night, disrupting your sleep cycle. Not only can lack of sleep cause difficulties with concentration, it can also weaken your immune system, making you more susceptible to colds, viruses and other diseases.

Headaches

"Fight or flight" chemicals like adrenaline and cortisol may cause vascular changes that leave you with a tension headache or migraine. Stress also makes your muscles tense, which can make the pain of a migraine worse. Additionally, this can cause back and neck pain.

Memory

Too much of the stress hormone, cortisol, can interfere with the brain's ability to form memories. During acute stress, cortisol also interferes with neurotransmitters (the chemicals brain cells use to communicate with each other), which may make it difficult to think straight or retrieve memories.

Digestion

Heartburn, cramping, constipation, and diarrhea can all be caused by or worsened by stress. Irritable bowel syndrome (IBS), which is characterized by pain and bouts of constipation and diarrhea, is thought to be fueled in part by stress.

Skin

Stress can cause you to break out with acne. This happens because stress increases the levels of the hormone, cortisol, in the body which in turn increases inflammation and oil production. This can lead to oily skin, blocked pores and consequently acne.

Sex drive and hormones

Research suggests people who are stressed out have less sex and enjoy it less compared to people who aren't under stress. This occurs when elevated levels of cortisol suppress the body's natural sex hormones. Additionally, when your body is under stress, you may experience an irregular menstrual cycle, as stress can alter the body's hormone balance, resulting in missed, late or irregular periods.

Now what?

There are several ways to manage stress, but a good place to start is with essential oils. Oils have been around for centuries and are known to have many health benefits. Pure essential oils are revolutionizing the way families manage their health, by harnessing nature's most powerful elements. The following oils are specifically helpful in reducing stress.

CBD Oil

Cannabidiol, or “CBD” is a non-psychoactive compound derived from the hemp plant. CBD oil is safe and therapeutic not only for a wide variety of physical conditions, but also for reducing several different physiological and behavioral measures of stress and anxiety.

Cinnamon

Cinnamon’s aromatic and stimulating scent helps with concentration and focus, and supports a healthy immune system.

Cedarwood

Cedarwood has an earthy aroma that is soothing and grounding. It contains *sesquiterpenes*, compounds that stimulate the limbic system of the brain, elevating our mood and helping us to relax.

Clary Sage

Known for its uplifting and mood-lightening attributes, clary sage has also been studied for its relaxation properties during massages.

Eucalyptus Oil

Studies have shown that eucalyptus is effective in helping lessen tension. Besides for relieving stress, eucalyptus also increases energy and relieves muscle and joint pain.

Grapefruit

An energizing scent with cleansing and invigorating properties, grapefruit's fresh aroma is sure to uplift the mood and please the senses.

Lemon

Lemon is known as a powerful aromatic and cleanser that can be used to complement many other oils. Diffusing lemon in a room can purify the air, promise mental clarity and uplift mood.

Lavender

Lavender has been cherished for its unmistakable aroma and its beneficial properties for thousands of years. Lavender is widely used and accepted for its calming and relaxing qualities.

Peppermint

Used for energizing properties that sharpen the mind and promote clear thinking, as well as to ease breathing.

Roman Chamomile

Used widely for its calming properties, roman chamomile is especially soothing to the systems of the body.

Tulsi Oil

Also known as *Holy Basil*, tulsi is used for its stress reducing and calming properties.

Wild Orange Oil

Used widely for its energizing aroma, Wild Orange will energize and uplift the mind and body, while purifying the air.

A great way to use oils is to diffuse them at night to fall into a restful sleep. You can also apply them topically, by diluting with a carrier oil, such as coconut or jojoba.

Ready to get started with oils?

If you are ready to try CBD, essential oils, and other natural solutions to healing from the effects of stress, let's begin by setting up a complimentary 20-minute session so that I can understand your personal health history and wellness needs. I'll then work with you to reduce stress and fight fatigue, so that you can feel your best and have the energy for the things in life that matter most to you.

Disclaimer

The author (“Author”) is a certified holistic health coach who has been trained to specialize in health, wellness, and lifestyle coaching. She provides a non-medical, complimentary approach to the medical healthcare system.

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