



ESSENTIAL OILS for CAREGIVING

Find what works to help your journey.

Presented by:

CareGiver Transitions

We all deserve care.



Contact: Dannelle LeBlanc

Email: Dannelle@CareGiverTransitions.com

Ph: (844) 465-3695

CareGiverTransitions.com

With special guest:



Contact: Kylie Walker

Email: AKWalker@MeTimeCounseling.com

Ph: (214) 614-8154

MeTimeCounseling.com

Hosted by:



Contact: Jackie Livingston

Ph: (469) 502-9149

OxfordSeniorLiving.com

The holiday season can be difficult.
Promote peace with these oils:

Cypress

Frankincense

Helichrysum

Rose

Sandalwood

Disclaimer: The information contained herein is not meant to diagnose, treat, cure, or prevent any disease. Statements herein and on CareGiverTransitions.com have not been evaluated by the Food and Drug Administration. Recommendations or products on this site are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using essential oils. CareGiver Transitions does not endorse or own the rights to any external link included herein.

ESSENTIAL OIL(S):	HELPFUL FOR:	TECHNIQUES/NOTES
All Aromatherapy (Experiment to find which ones resonate with you)	Balancing body, mind, and spirit.	The Power of Breath - belly breathing
Eucalyptus Clary Sage, Sandalwood	Clear breathing, Relaxation Focus, Relaxation, Mental clarity	Be the Pebble - Focus on breathing, a calming word or scenic view
Basil, Frankincense, Geranium, Ginger	Focus	The Power of Focus: What we focus on affects our reality.
Cypress, Frankincense, Helicrysum, Sandalwood	Processing Grief (both during and after caregiving)	List your coping skills (writing a letter to the person you grieve for, making time to feel/cry, making art, etc.)
Bergamot, Chamomile, Clary Sage, Frankincense, Geranium, Grapefruit, Jasmine, Lavendar, Rose, Sandalwood	Stress, Anxiety, Relaxation	Progressive Muscle Relaxation - decrease stress, increase relaxation for sleep
Bergamot, Chamomile, Jasmine, Lavendar, Orange, Rose, Ylang Ylang	Processing anger	Help letting go of negative energy, thoughts
Basil, Bergamot, Clary Sage, Cypress	Fatigue	
Bergamot, Lavendar, Lemon	Anxiety, irritability and insomnia among sufferers of dementia.	
Bergamot, Clary Sage, Frankincense, Chamomile, Rosemary	Loneliness	

For the complete list, visit [CareGiverTransitions.com/essential-oils](https://www.CareGiverTransitions.com/essential-oils)