



Who is Caring for you!!!

Carers have more problems relaxing due to the constant worry and stress caused so often by the lack of support from the outside world, leaving carers isolated.

Often this can lead to health problems

The causes of many ills, simply put are;
tension - this causes certain chemical reactions in the body,
restricted muscles cannot work effectively
including our brains, this affects every cell in our bodies.

There is a more complicated reason but this gives an idea of the reaction in the body under **stress**.

Often we are not aware of stress until it's too late, but these are some of the various ways in which they can manifest

- ❖ Always tired,
- ❖ Achy muscles,
- ❖ Lack of enthusiasm
- ❖ Muddled brain / Memory loss,

But often we don't see the other side effects that creep up on us like constant

- ❖ Headaches,
- ❖ High/low blood/ pressure
- ❖ Back pain,
- ❖ Knee problems
- ❖ Long-term tendency of catching colds/ infections.
- ❖ Irritated skin, dryness or eczema and Psoriasis

Then there are problems of

- ❖ Acute anxiety leading to panic attacks,
- ❖ Unable to cope with the most simplest of tasks without breaking down,
- ❖ Life feels like you are constantly climbing a mountain.

That is why it is so important when you have the chance to relax to do so effectively!

Essential oils, herbs and simple relaxation techniques and exercise can help to elevate an impossible situation.

Simple ways to help improve your stress levels and improve your health

Essential oils that help to calm and de- stress



LAVENDER: Sedative, tonic, hypotensive, analgesic, antiseptic, diuretic, cytophylatic and balancing

There are many uses for this oil from calming the mind to treating acne but often we forget that just simply putting a few drops on a hankie or in a bath will ease tension. This is the most popular of all sedatives

Mix 2 drops with a desert spoon of light veg oil and massage where the is tension or where there is pain,

Lavender oil lowers blood pressure so should only be used if blood pressure is stable or is normal. If you think you may have unstable blood pressure use a very weak dilution and talk to your doctor



GERANIUM: Tonic, Antidepressant, Astringent, mildly analgesic, sedative, anti inflammatory, nervine, Calming and antispasmodic

Used to harmonise and stabilise emotions **used to balance hormone production**



BERGOMOT: Antispasmodic. Carminative, antiseptic, sedative, and uplifting
Again a mood enhancer helps uplift and balance helping to open up confidence booster clear the body to eliminate toxic waste, giving a boost to the immune system.
(Photo toxic should not go out in the sun or buy bergapten free oil)

All these oils can be used regularly and often used for depression and anxiety and used with relaxation and breathing excises helps the body recover from the onslaught of the day.

Essential Oils will only last for a 1-2 years with the exception of a few, It would be advisable to buy in small amounts store in a dark cool place

Ways in which oils can be used

- ❖ On your pillow - place on the inside of the pillow as it may stain
- ❖ Use in an oil base and massage into skin as above, if your skin is dry use the massage mix on slightly wet skin after your bath/shower
- ❖ Bath just a few drops of the essential oil in the bath just before you get in.
{Do not use veg oil in a bath/shower}
- ❖ Inhale over a bowl of hot water
- ❖ On a tissue and place on a hot radiator, use instead of those chemical room fragrances
- ❖ In a cream see recipe below you can also buy base creams and add oils, but watch out for unnatural ingredients



For a rich moisturiser

1 tsp of each Avocado and olive oil in
2tsp coco butter
1tbs coconut oil
Essential oils of choice
Lightly heat over a pan of boiling water
coco butter & coconut oil when melted
add oils & herbs or juice whisk pore into



Herbs can be added to your daily routine
Most people know about mint tea and its benefits for the digestion.

But mint and other herbs are also used to dispel depression,
helping our overall outlook on life.



Lemon Balm (*Melissa officinalis*),

Can easily be grown and used daily and will have a calming affect on the nervous system helping, your to cope with long term stress, panic attacks, palpitations, insomnia, and digestive disorders



Place 2 tsp of dried or a few sprigs of fresh herbs in a pot
cover and infuse for 10-15 minuets.
Drink one to three cups per day.

Soothing bandage

To ease sore and sensitive skin.

Make a pot of mint and lemon balm tea, but make the tea strong.
When cold use a clean cloth or tea towel like a bandage, apply and leave until it feels warm on the skin re-apply as necessary.

Body spray:

Often it's more convenient to be able just to spray around
You can use either tea or essential oils or both in a spray bottle.
Use a sterilize bottle and spray, rinse and add tea or mineral water to a 100m spray bottle
Put 20 drops of essential oils
Will keep for one week

Breathing and Exercise

Often we don't breath properly, we tend when stressed to breath in short & shallow bursts inflating our chests as we breath in

To help get oxygen into our lungs and aid relaxation

Drop your shoulders down; the hips forward and pulling the spine down and towards the front of your body

Breath into your stomach, keeping your chest still.

Then hold for 4 seconds

Then very slowly breath out, using your stomach muscles pushing all the air out, then hold for 5 seconds

Practice regularly will help you breath properly and unconsciously and your posture will improve stretching the spine toning muscles and increasing the lungs capacity.



Exercise!!!

We often think we are getting enough exercise with all the running around we do, and often feel so exhausted that exercise is the last thing on our mind.

Purposely doing exercise helps you in so many ways

1. Time actually caring for your self
2. Helping your posture
3. Toning and stretching muscles keeping you strong and safe when carrying and lifting
4. Releasing endorphins, creating a more positive out look

Ten minuets a day using gentle stretching and strengthening excises can help change your life!

