

A Natural Approach

To battle Grief, Anxiety and Depression

1. Healing from the Inside Out

How are you supposed to control your emotions if you are tired, overwhelmed and don't feel like you can even function? You NEED energy to be able to help yourself out of the dark places that come. Enter the **Life Long Vitality Supplements from DoTerra**. Taken daily, these pills made with all natural ingredients, including oils, will work WITH your body to create optimal health so that when emotions arise, you have what it takes to deal with it.

2. Forgive God, others, YOURSELF

Anger is okay, it's what you do with it that counts! Are there things you have felt you have been wronged from or can't let go? Are they getting heavier with time? When you are ready to let go, use **doTERRA Forgive Renewing Blend** to help you move past the things that you are holding onto, especially when it comes to forgiving yourself!

3. Nurture your need to Grieve

Loosing something or someone you love deeply affects you. There is no other way around it. Unanswered questions and unspoken words can keep you feeling unsettled, anxious and just plain sad! Using **doTERRA Console Comforting Blend** can help us let go of those feelings, letting in Hope, Joy and help along the path of emotional healing.

4. Don't let Fears overwhelm you

Are life's anxious moments leaving you feeling overwhelmed and afraid? Slow down, take a deep breath and connect to the things in life that are real. Using **doTERRA Peace Reassuring Blend** can help you calm those anxious feelings that creep into your mind, paralyzing you from creating the joy filled moments.

Part of everything working out fine starts with BELIEVING they will.

5. Uplift your Mood

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. **doTERRA Cheer Uplifting Blend** provides a cheerful boost of happiness and positivity when you are feeling less than great, helping you deal with life's ups and downs!

My Story

Using oils to help support and release my emotions has changed my life. After having my son be born into heaven, I spiraled into a very depressive state full of anxiety and feelings of grief. With the help of these emotion blends, I have been able to help support my body; physically, emotionally and mentally in order to deal with the huge emotions that come with grief. I notice a huge difference when I use the Life Long Vitality to support my body. I use doTERRA Console after I cry to help get rid of my headache. I use doTERRA Peace if I know a trigger moment is coming and need support. I use doTERRA Cheer when I need a little pick-me-up when my mood is feeling deflated.

There is no wrong way to use an essential oil emotional blend but a million right ways to help you support YOU in your healing journey.



Ways to use Emotion Blend Essential Oils:

- Find which emotion you are feeling
- Find the corresponding emotional blends
- Use a few drops aromatically or topically
- Enjoy the added support to deal with your emotions

Do you need help getting your emotional blend oils?

Come Join my Facebook group:

Beautiful Healing

Control your Emotions and you control your LIFE