

Essential Oil Therapies

THE GIFT THAT LASTS



This holiday season, share your gratitude for your friends and family by blessing them with the power of essential oils. Since Young Living features a wide variety of the best, most authentic essential oils and oil products in the world, it's an easy way to show your loved ones how much you care about them.

If you're looking for a simple way to introduce others to the world of essential oils, the Everyday Oils collection would make a great gift. Or, if you'd rather something a little more festive, why not check out Young Living's line of holiday-themed products? Your friends could think of you while sipping their new favorite hot chocolate from the 2014 Chocoessence Set, or while pampering themselves with a Holiday Soap Pack. With Young Living, you can find the perfect present for every person on your list.

TIPS TO CONTROLLING STRESS DURING THE HOLIDAYS



It's no secret that with the added excitement of the holiday season comes additional stress—and according to the American Physiological Association [APA], more than half of all women and men experience heightened stress during the holidays. This added stress could be enough to put you at increased risk for physical and mental health effects. Here are some tips to help you find a healthy balance and enjoy the holiday season.

YOUNG LIVING[™]

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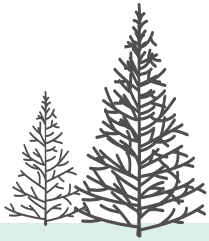
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- **Eat healthy.** Focus on fruits, vegetables, whole grains, and lean protein. Even though you may be craving comfort foods high in fat and sugar, your body will thank you for giving it the healthy energy it needs.
- **Exercise often.** Whether you're dealing with stress, depression, anxiety, or simply feeling unwell, exercising can help you feel happier, healthier and more relaxed.
- If you can, avoid the situations or people who are causing you stress. This can be especially difficult during the holiday season when tensions tend to be high and you are around so many people. However, do your best to **take breaks** from the stress whenever possible.
- Do whatever you can to make the sources of your stress more predictable or learn to develop more control over those stressors. This means to **identify patterns related to when your stressors might appear.**
- Although it may seem counter-intuitive at times, **associate with friends and avoid social isolation.** Tough times are made easier when you're around other people, and the holidays are a perfect time to get together with friends and family.
- Learn to **differentiate between "big" issues and "small" issues and how to look on the bright side of things.** As simplistic as it sounds, it can help to psychologically buffer the stress in other areas of your life.
- **Be careful not to over schedule yourself.** Only do what you can, and be realistic about whether or not you need to say no to some activities, invitations or requests.
- **Smile**—even if you don't feel like it. The concept of "fake it until you make it" can be immensely helpful in some situations.
- **Write it down.** For several people, journaling their thoughts and feelings can be a very cathartic stress-reliever.
- Remember that the unique blend of **Young Living Essential Oils** offers relief from daily stress and encourages relaxation, while reducing nervous tension. As you give the gift of Essential Oils to others, don't forget to save some for yourself as well.

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