



Dr. Heather Pickett and Dr. Brannick Riggs—Emotional Health with Essential Oils Part Two

Lifestyle Recommendations

Write a small, simple goal that you know you can accomplish every day (for example, making your bed).

Make one other goal to improve your emotional health and wellness. Consider consistent sleep patterns, the gut-brain connection, exercise and diet, or challenging negative thinking.

Seasonal Challenges

Citrus oils elevate and improve mood and can be helpful during the winter months when you get little sunshine and fresh air

Choose 1-2 citrus oils that you know you enjoy. When you need a brightening boost, reach for them!

Dr. Pickett shared the results of a study that examined the effects of some of the essential oil blends on work productivity, work related stress, and positive feelings during the winter.

Which two blends did the study find were the most effective for supporting and improving those areas?

Other Notes

Record here anything else from the podcast that you find especially helpful or interesting.
