



## Christine Thethi Breathe Easy at Night

What are some reasons you might not breathe easy?

---

---

---

Write down the essential oils Christine recommends for easy breathing. Add your own favorites to the list.

---

---

---

List ways you can apply essential oils to help breathe easy at nighttime.

---

---

---

What are some suggestions for safely using essential oils with children?

---

---

---

Write down your top takeaways from Christine's episode:

---

---

---