

essential oils for
EMOTIONAL SUPPORT

ANGER

Roman Chamomile,
Lavender, Melissa,
Bulgarian Rose,
Ylang Ylang*

ANXIETY

Bergamot, Cardamom,
Frankincense, Geranium,
Lemon, Lavender,
Mandarin, Neroli, Orange,
Peppermint, Pine*

DEPRESSION

Bergamot, Himalayan
Cedarwood, Clary Sage,
Frankincense, Lavender,
Lemon, Orange, Vetiver*

FEAR

German Chamomile, Hyssop,
Melissa, Myrrh, Neroli,
Rose, Thyme*

GRIEF

Cypress, Frankincense,
Hyssop, Juniper Berry,
Marjoram, Rosemary,
Rose, Sage*

PANIC/SHOCK

Clary Sage, Eucalyptus,
Lime, Rose, Vetiver,
Ylang Ylang*

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cont.

STRESS/FATIGUE

Angelica Root, Basil,
Cedarwood, Cinnamon Bark,
Helichrysum, Lavender,
Nutmeg, Sage, Ylang Ylang*

IRRITABILITY

Cinnamon Bark, Clary Sage,
Cypress, Geranium, Melissa,
Patchouli, Bulgarian Rose*

MOOD SWINGS

Roman Chamomile, Bulgarian
Rose, Melissa, Geranium,
Marjoram, Clary Sage,
Orange*

While everyone experiences ups and downs, it's another thing entirely if your emotions feel out of control. If you are experiencing a severe emotional problem, we encourage you to seek medical or therapy treatment, and wish you a speedy recovery. Essential oils should not be used in conjunction with certain medications. Please check with your doctor before using essential oils if you are on medication.

*Keville, K., & Green, M. (2016). *Aromatherapy: A complete guide to the healing art.* Vancouver, B.C.: Langara College.

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