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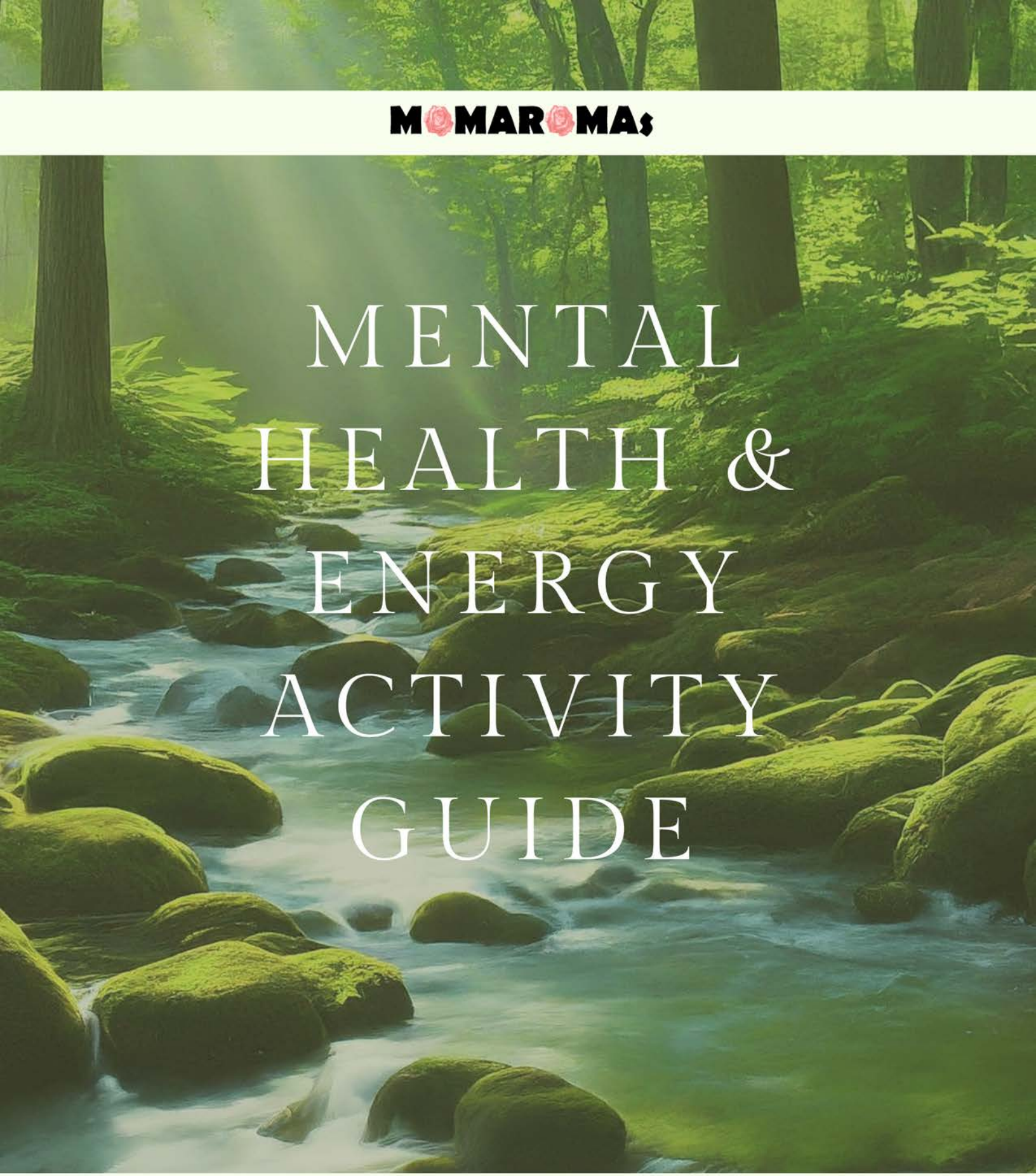

MENTAL HEALTH & ENERGY ACTIVITY GUIDE

Christine Pressler, CA

Disclaimer

The information contained in this guide has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure, or prevent any disease.
It is for educational and entertainment purposes only.

Please consult your doctor, naturopath, herbal practitioner, or other qualified health professional for medical advice and before starting any new health regimen, particularly if you are pregnant or nursing, have any existing medical conditions, or are taking any medications.

All recipes is this guide are designed for personal use. They have not been tested for large scale manufacturing or re-sale.

Affiliate Information

This guide contains affiliate links. If you make a purchase through one of these links I may earn a commission. This does not impact your price.
For more information, please see the **disclosure** on my website.

All links in this guide will be in **this color**.

Invocation

May peace reside within these pages and within the heart of the reader.
May the pursuit of knowledge be undertaken with sincerity.
May a spirit of purity illuminate the path ahead.

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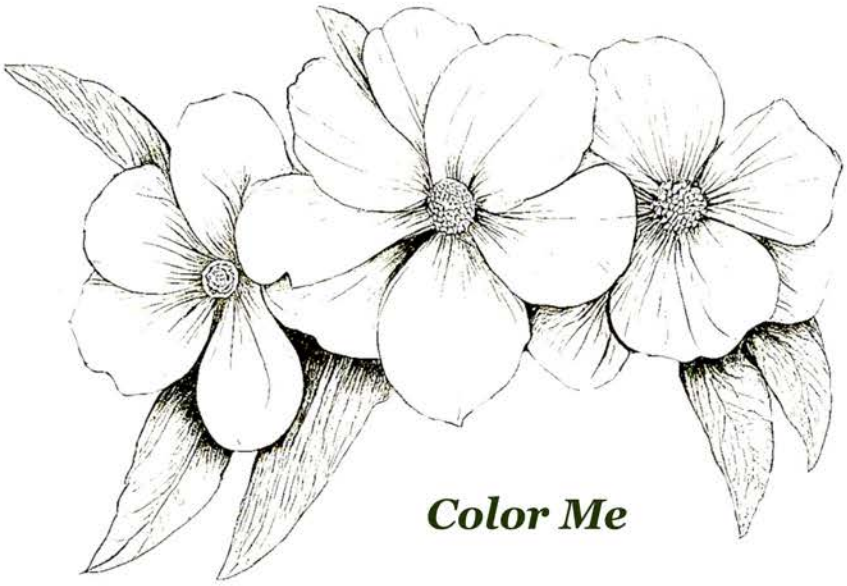
MENTAL HEALTH & ENERGY ACTIVITY GUIDE

"There's no health without mental health."

~World Health Organization (2013)

Use the activities in this guide to support your mental health.

- Get ideas for connecting with Nature.
- Track your energy drainers.
- Track your energy supporters.
- Discover what works for you.
- Use essential oils to provide support.



Color Me

Inhale

Today my mental health is my priority.

Exhale

If you are struggling or in crisis, help is available.
Call or text **988** or
chat at **988lifeline.org**.

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A Daily Connect with Nature

Take a few minutes each day for ONE of these activities. Making simple connections with Nature can have extraordinary effects on well-being.

Place a check next to the activities you enjoy.

___ Greet the rising sun.

___ Rest your hand on the trunk of a tree.

___ Close your eyes and listen to the outdoors.

___ Watch a bee as it flits from flower to flower.

___ Pick up a stone and study it.

___ Create a small rock tower.

___ Walk barefoot on the earth.

___ Lie down in the grass.

___ Watch the clouds.

___ Eat a snack outside while unplugged.

___ Make a flower chain and offer it to Nature.

___ Smell the flowers in your local grocer's floral department.

___ Watch the sun set.

___ Observe the night sky.

Inhale

I believe in the power of my potential.

Exhale

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Energy Audit: Tracking My Energy Drainers

Activity	0 = No Drain	1 = Low Drain	2 = Mid Drain	3 = High Drain
Social media scrolling				
Excessive screentime				
Negative news overload				
Cluttered space				
Saying “Yes” too often				
Skipping meals				
Toxic relationships				
Grocery shopping				

Inhale

Kindness is my super power.

Exhale

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MENTAL HEALTH & ENERGY ACTIVITY GUIDE

Energy Audit: Tracking My Energy Supporters

Activity	0 = No Support	1 = Low Support	2 = Mid Support	3 = High Support
Mindful movement				
Spending time in Nature				
Connecting with loved ones				
Practicing gratitude				
Engaging in hobbies				
Listening to music				
Laughing				
Using essential oils				

Inhale

I am perfectly imperfect.

Exhale

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Find Support with Essential Oils

Incorporating supportive essential oils into daily life can help with emotional healing, racing thoughts, and cyclic thinking. They can support restful sleep and positive energy.

Honey Dewdrop Diffuser Blend

- 3 drops Grapefruit (*Citrus x paradisi*)
- 2 drops Coriander (*Coriandrum sativum*)
- 2 drops Atlas Cedarwood (*Cedrus atlas*)
- 1 drop *Helichrysum italicum*

Grapefruit: Uplifting, tension reducing, promotes positive outward energy, cleansing

Coriander: Supports mental clarity, calming, stress reducing, promotes feelings of security

Atlas Cedarwood: Protective, supportive, centering, anchoring

Helichrysum: Balancing, nurturing, energetically healing, "honey for the psyche"

Inhale

I protect my energy and honor my needs.

Exhale

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Tranquil Retreat Roll-On

- 10ml Roller bottle
- 2 drops Lavender (*Lavandula angustifolia*)
- 2 drops Frankincense (*Boswellia carteri*)
- 1 drop Roman Chamomile (*Chamaemelum nobile*)
- Jojoba oil/wax (*Simmondsia chinensis*)

Add essential oils to bottle, top with Jojoba, snap on roller, cap, and rock to combine.

Use at bedtime and during nighttime waking. Apply to pulse points and massage into back of neck. Roll over palms, rub hands together, then cup over nose and inhale slowly, several times.

Lavender: Calming, energetically cleansing, nurturing, supportive

Frankincense: Emotionally healing, balancing, supports tranquility, quiets mind

Roman Chamomile: Calming, soothing, harmonizing, eases rumination

Inhale

I embrace stillness for mental renewal.

Exhale

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4 Sacred Protectors Diffuser Blend

- 3 drops *Helichrysum italicum*
- 3 drops Frankincense (*Boswellia carteri*)
- 2 drops Himalayan Cedarwood (*Cedrus deodara*)
- 1 drop Angelica Root (*Angelica archangelica*)

Diffuse this blend when emotions are disturbed or after a distressing experience. Inhale and allow the protective energies of these oils to soothe your soul and ease your thoughts.

Helichrysum: Purifying, guards against negative energy, spiritually healing, enhances spiritual awareness

Frankincense: Purifying, deepens spiritual connections, dispels negative energy, protects spirit

Himalayan Cedarwood: Centering, promotes insight, eases heartache, releases energetic blockages

Angelica Root: Protective, restorative, energetically cleansing, eases feelings of hopelessness

Inhale

I embrace stillness for mental renewal.

Exhale

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RESOURCES

Suggested Suppliers

This page contains affiliate links. I may earn from a qualified purchase. This does not impact your price. Learn more in our disclosure.

Essential Oils

- Aromatics International — **Aromatics.com**
- Edens Garden — **EdensGarden.com** (also on **Amazon**)
- Plant Therapy — **PlantTherapy.com** (also on **Amazon**)

Jojoba

- Aromatics International — **Aromatics.com**
- HobaCare — **JojobaCompany.com**
  - (use code **momsjojo20** to save on your first order)
- Plant Therapy — **PlantTherapy.com** (also on **Amazon**)

Roller Bottles

- Aromatics International — **Aromatics.com**
- **Amazon**

Where to Connect

momaromas.com

momaromas.etsy.com

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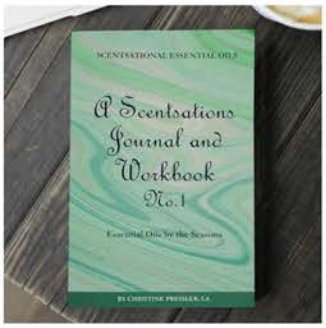
THE LAST PAGE

Books by Christine Pressler, CA

Lavender Recipes & the Plant Behind the Oil

Lavender the Calming Classic ebook



A Scentsations Journal and Workbook #1

More Freebies from MOMAROMAs

Tick Talk: A Safety Guide
How to Check for Ticks, Safely Remove Ticks, & Make Natural Tick Repellents

17 Point Checklist for Quality Essential Oils
Learn Exactly What to Look for in an Essential Oils Supplier