



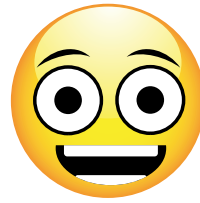
FRUSTRATED



OVERWHELMED



ANGRY



JOYFUL



SAD



HAPPY



DESPAIR



BURNED OUT



SCARED



BETRAYED

- 1 Use the chart and Identify your feeling: frustration, overwhelm, etc. (4 seconds)
- 2 Grab your essential oil. Hold the oil under your nose and inhale deeply. Repeat. (6 seconds)
Citrus for a boost. Lavender to relax. Peppermint to focus.



SURPRISED

- 3 Breathe in feelings of gratitude or appreciation and exhale the emotion you identified in #1. Continue to breathe in gratitude/ appreciation and exhale frustration or overwhelm, etc. (30 seconds)



ASHAMED

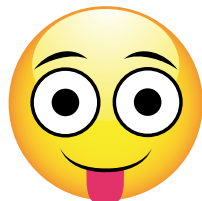
- 4 Check in. How do you feel now? (6 seconds)



EXHAUSTED

- 5 Repeat the steps. (14 seconds)

Practice throughout the day to build resilience.
Results are cumulative.



SILLY



HURT



BORED



SUSPICIOUS



GRATEFUL

