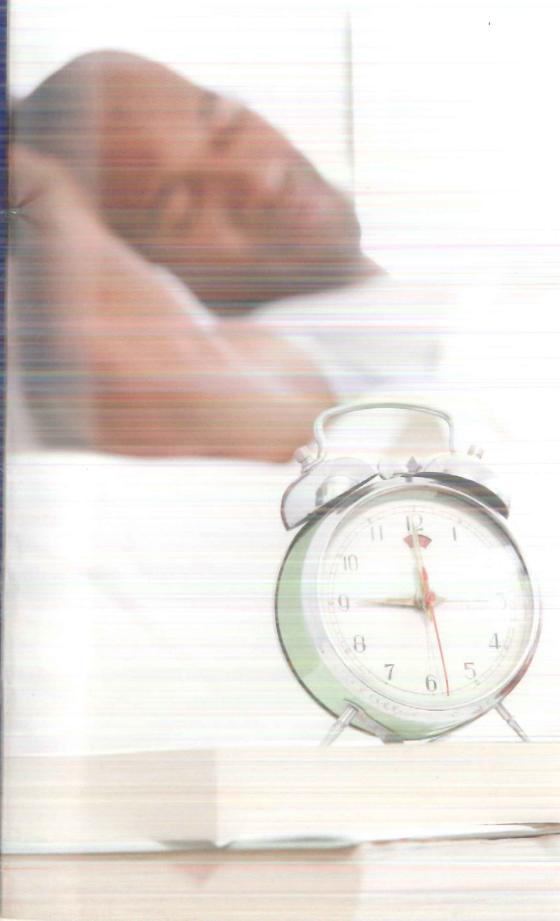


Rest & Stress Management

Dr. David K. Hill, dōTERRA® Chief Medical Advisor, states, "Achieving proper rest is an important feature of any wellness program. Sufficient amounts of rest provide bodies with an opportunity to recover from the day's activity, improve energy levels, and reduce the effects of stress."



Tips for a good night's rest:

- Create a set routine by going to bed each night and rising each morning at the same time.
- Make your bed comfortable. Use it only as a place to sleep and not for activities like reading, watching television, or listening to music.
- Enjoy daily physical activity. This will allow you to fall asleep faster and enjoy a deeper sleep.

According to Dr. Hill, "Stress induces physiologic changes that cause a natural resistance to weight loss and can even reduce immune capability."

Tips for reducing stress:

- Know your limits. Taking on more than you can handle increases stress.
- Work on time management. Create a plan for daily activities and tasks to eliminate pressure and create a sense of accomplishment.
- Generate a support system. Share your responsibilities or your feelings with others.
- Set aside time to relax. Find healthy ways to respond to stress by scheduling time for you.