

## How to apply essential oils when dealing with psychological problems

It looks always very easy to use essential oils for all purposes in healthy matters. But if you have troubles in mind, psychological disease or stress you have to use them very carefully.

Before we can understand why people feel the way they feel, we have to understand why we feel the way we feel!

So, we will first have a look at the following points:

- ◇ Essential oils and how they affect the psyche.
- ◇ The limbic system.
- ◇ Thinking ability, brain power and essential oils
- ◇ Depression
- ◇ Stress (there exists positive or negative stress), caused e.g.
  - by your job
  - by some health problems (not at least caused by hormones)
- ◇ Anxiousness and exhaustion
- ◇ Bereavements
- ◇ Burn-Out

Then we will take a look at the essential oils - they may help in these purposes. But how do we use them the right way?

We will talk about the most helpfully essential oils for psychological problems, and how to blend them to receive helpful essences.

At least we will have a look at some recipes with essential oils for use in psychological disease

- ◇ in diffusers
- ◇ sprays
- ◇ roll-ons
- ◇ body lotions
- ◇ etc.



## Essential oils and how they affect the psyche

Scents affect the limbic systems and cause a distribution of hormones and neurotransmitters as there are

- ◇ Enkephaline
- ◇ Endorphins
- ◇ Serotonin
- ◇ Norepinephrine
- ◇ Dopamine
- ◇ Oestrogens
- ◇ Progesterone
- ◇ Testosterones
- ◇ And others more

An example:

If you are feeling an emotion, give yourself the space to feel it. Allow it to be at the party in your mind. It doesn't have to become your temperament. You can feel anger without becoming an angry person. This is how the neurotransmitters may work in healthy way.

If you do not give yourself this space, anger will come up and the neurotransmitters work in another way - you will be aggressive and angry to others...

## The Limbic System

It is responsible for

- ◇ Sexual feelings
- ◇ Sympathy
- ◇ Antipathy
- ◇ Motivation
- ◇ Mood swings
- ◇ Memories
- ◇ Creativity
- ◇ Regulation of the vegetative nervous system

And the limbic system works together with the pituitary gland (= hypophyses) and the hypothalamus. These two gives information to the rest of our body how to work and manage the autonomic nervous system.



By the way - for demonstration only:

There is interesting information we can use for working with essential oils: take some drops of lemon (it will give brain power), rose (this will smooth the brain) and rosewood (for harmonizing) and you will help your brain when there are malfunctions in the brain stem.

We can stimulate the pineal gland with bergamot and grapefruit.

And we can help the thyroid at hyperfunction with thuja, and at underactive thyroid with cypress.

You can help the hypofunction of the thymus gland with lemongrass, mint and lemon.

And if there is one person with high blood sugar level, maybe the essential oils of cajeput, geranium and juniper will help to lower it.

In the other way, to increase the blood sugar level, the essential oils of eucalyptus globulus, rosemary or myrrh could be useful.

We are able to see, that essential oils have consequences not only to our psyche, but also to our body, and this on the way through our brain!

## Thinking ability, brain power and essential oils

Essential oils can boost our brain power. You will learn this, when using especially rosemary with people who are demented.

But we have little helpers, when we try to learn. Use 1 drop of *lavandula angustifolia*, 1 drop of *lavandula intermedia* or rosemary and 1 drop of grapefruit together on a small pad, smell this blending, and the learning will be much easier!

In case of dementia there are a lot of studies. Most of them about the use of rosemary and lemon in the morning to affect the brain power, and in the evening Lavender and Orange to smoothen the persons. All studies say, that the use of aromatherapy to treat behavioural problems in dementia is recommendable.

Also, the effect of lavender in jojoba oil can reduce the aggressive behaviour of elderly persons with dementia. If you use the blend with a hand massage you will get the best results.

But not only elder persons benefit boosting brain power with essential oils.

Everybody does! Using rosemary, lemon, bitter orange, lavandin and cajeput can help us with concentration and creativity!



## Depression

Depression is a kind of mental illness in which a person is worried and nervous for longer periods and cannot have a normal life during these periods, because of tiredness, loss of appetite, and sleeping problems.

People with depression need not to be taken out too quick, it is better to use soft blending of essential oils for the diffuser or for a shower gel, sometimes for a body lotion or for a roll on, too.

The essential oils that might help are depending on the person who needs our helping hand.

In practice I used Rose, Jasmine, Grapefruit, Orange, Palmarosa, as well as Tonka, Benzoe Siam and Vanilla, but every time together with fresh scents. Others could be Incense, Neroli, Basil, Litsea Cubeba, Bitter Orange, Cistus, Mimosa, Frangipani, Sandal Wood, Wild thyme, and many others...

Use it in a roll-on, for a shower gel, a body lotion or a bath.

## Stress

So, let's start with a look at stress and his symptoms. Stress seems to be one of the psychosomatic diseases, which will occur very often.

First, we have to look at what means stress. Stress is a synonym for force from outside (or maybe inside), making pressure.

We differ between distress - this is the "bad" one - and eustress, which is the better one.

Emotional distress comes always together with the feeling of inability. On the other side, eustress is mostly a kind of stress, which helps you getting through a specific situation. Me, by myself, I always have a kind of eustress in writing a book. I give to my publisher a deadline, when he will get the manuscript. And this deadline will be my propulsion to bring this manuscript to an end.

If you are optimistic, you will have less distress than if you are non-optimistic.

In every case: we will have a look at the autonomic nervous system. The parasympathetic and the sympathetic systems are highly required when we are under pressure.

If we are under pressure, our body will be injured and there are some health reactions following, as there are



- disease of the heart (this belongs mostly on the continuous agitation of the sympathetic chain)
- disease of the liver and other parts, caused by higher level of blood sugar
- stroke risk because of the higher cholesterol levels
- gastrointestinal diseases, caused by lower bowel activity
- posture damage, tension headache
- the organism is set to resistance - loss of performance is following
- so, we see, that the health risks are rising steadily.

People are mostly stressed every time they have the feeling: something is growing over their heads. That means, they think they cannot control a situation anymore. This is a very personal feeling. It's not the same, if I feel stressed or you do so.

There are so many things, which can be stressing: sometimes it's your business, sometimes your partnership, maybe it's steady noise, worse light in the room you have to work in, sometimes it's the loss of your partner, your job, or anything you think you need to live for.

Everybody seems to need a little bit of stress, to live. Some stress factors are useful in learning, but some stressors are very bad, as there are

- no sleep
- heat
- cold
- getting burned
- bad surroundings
- anger
- anxiousness
- less time
- high expectations

If stress will be chronic, then it will lead to the above-mentioned health reactions.

### What can we do? Which essential oils can be used against stress?

My intention goes to the following essential oils:

- ◇ *For better sleep* use Lavender, Blood Orange, Roman Chamomile, Fennel, Neroli, Rose, Sandal Wood, Atlas Cedar, Tangerine, Vanilla, Vetiver, Amyris, Cypress...
- ◇ *For calming your nerves* use Amyris, Benzoe Siam, Lemon Verbena, Fennel, Manuka, Clary Sage, Neroli, Osmanthus, Petit Grain, Melissa, Rose, Jasmine, Champaca, Basil, Patchouli, Vanilla, Rosewood, Incense...



- ◇ For feeling new power: Bergamot, Cajeput, Grapefruit, Lemongrass, Myrtle, Orange, Peppermint, Rhododendron, Rosemary, Juniper, Lemon, Cypress, Silver Fir, Angelica Root, Lemon Myrtle, Cinnamon, Cardamom, Eucalyptus radiata, Spicy Lavender, Larch, Marjoram, ...

Blend only three essential oils (maximum) of one direction. And make dilution for use as a body lotion or massage oil only 0,5% to max. 1%!

### Stress caused by hormones - this is a little bit different!

Not every essential oil can help you, if stress is caused by our hormones. In this case we have to distinguish, because some of our essential oils seem to act on different hormones. I will take a look at two syndromes; they will often occur with women:

- ◇ Premenstrual syndrome
- ◇ Menopausal syndrome

### Premenstrual syndrome

The premenstrual syndrome is a chronic debilitating condition with behavioural symptoms that cause significant functional impairment and a diminish quality of life. In case we have to calm our mood, because we have the premenstrual syndrome, and there could be a depressive disorder, so that we have to stimulate our mind. This syndrome occurs during the last week of the luteal phase of the menstrual cycle. One of the following 5 mood symptoms is leading: depression, anxiety, mood lability, or irritability.

Why do some women have this syndrome?

Mostly, it depends on the GABA - the gamma-aminobutyric acid. This is a neurotransmitter which plays an important role in premenstrual syndrome. Low levels of GABA diminish its inhibitory effect, resulting in mood disorders. The GABA levels decrease in this case from the midfollicular to the late luteal phase. This causes the premenstrual syndrome.

I have a good recipe to ease my mind in case of disease. Here it is:

- 40 ml almond oil
- 10 ml evening primrose oil (Nachtkerze)
- 1 drop Ylang-Ylang
- 2 drops Clary sage
- 2 drops Rose (distilled)
- 3 drops Sandal Wood
- 4 drops Blood Orange

Use it for a soft massage on your tommy or take a little bit of the blending in a roll-on for usage on road.



## Menopausal syndrome

In case of menopausal syndromes, we find them at men and women. I will only take care of the psycho-problems which can arise then. There are problems like

- ◇ sleepless nights
- ◇ anxiousness
- ◇ feeling lost
- ◇ exhaustion
- ◇ depression
- ◇ and others

The *sleepless nights* can be cured by the same essential oils as named under stress.

About *anxiousness* I will talk a little bit later.

*Feeling lost* is like to have no earth beneath your feet. Therefore, you need some oils which are grounding you, like Vetiver, Angelica Root, and also wood notes like Sandal Wood or Rosewood. And other essential oils, that embrace you, like Jasmine, Rose, Neroli, Tonka or Vanilla...

When you are *exhausted*, you might need some Clary Sage, Grapefruit, Bitter Orange, or sometimes Geranium.

Against *depression* we talked about before.

In any case you might help with a dilution in a roll-on, or in a diffuser. Sometimes it's good to make a spray to use for. We will compose a recipe in the last part of my lecture.

## Anxiousness and exhaustion

Somebody often is anxious about nothing. And sometimes there is anxiousness about a specific matter. And sometimes there is the smell of an essential oil, that causes uncomfortable feelings.

So, before you are working with an anxious person, you have to ask as many questions as possible, to find out, where does the anxiousness come from.



Maybe that the helping essential oils are wooden ones, such like pine, fir, cypress, but always responding to the person, in other cases we will find Jasmine, Rose and Neroli as the essential oils to be needed.

I found out that the wooden notes of essential oils are practicably helpful mostly with men, when the flowery notes, sometimes together with some sweet smell like Vanilla or Tonka or Benzoe, will be helpful with women.

We will create a roll-on against anxiousness in behavior of children in the practice lecture.

## Bereavements

If you are losing a partner or dear friend, it often causes deep sorrows and mourning. Sometimes this bereavement starts before you lose someone. I had this problem, when my mother came home from hospital for her last weeks to live at home.

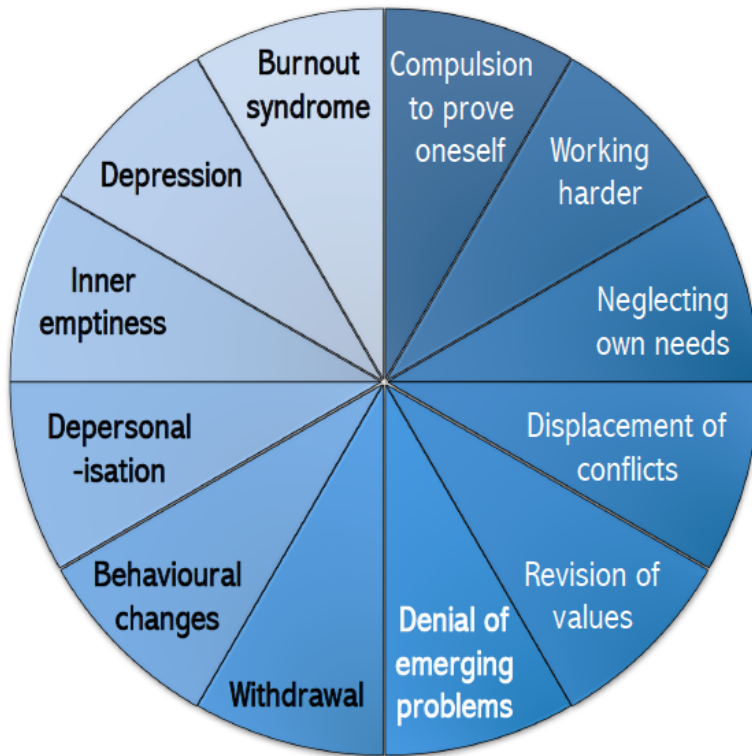
We knew that she lies dying, and it was very hard for our family to look at this. To help her easier going I made a spray for her room, with the hydrosol of rose and lavender - both flowers she liked most. Essential oils in the diffuser she did not like, because the smell was too heavy for her nose.

For my sisters and me, as well as for our whole family, I created roll-ons, based on jojoba-oil, with the essential oils of Jasmine, Rose, Neroli, Vetiver and Grapefruit. We will create such a roll-on in the practice part.





## Burn-Out



### Twelve Steps to burn out.

1. Step:

The compulsion to prove oneself. Demonstrating worth obsessively. One tends to hit the best employees, those with enthusiasm who accept responsibility readily.

2. Step:

Working harder. One is unable to switch off.

3. Step:

Neglecting the needs. Erratic sleeping, eating disrupted, a lack of social interaction occurs.

4. Step:

Conflicts will be displaced. Problems are dismissed, you may feel threatened, panicky and jittery.

5. Step:

Revision of values. They are skewed, friends and family are dismissed, hobbies are seen as irrelevant, work is the only focus.



6. Step:

Denial of emerging problems. Intolerance increases, perceiving collaborators as stupid and lazy, demanding, or undisciplined. Social contacts will be harder. Cynicism and aggression increases. Problems are viewed as caused by time pressure and work, not because of life changes.

7. Step:

Withdrawal. The social life is getting smaller or will be non-existent, there is need to feel relief from stress with alcohol or drugs.

8. Step:

Odd behavioral changes. Changes in behavior will be obvious, concerning to friends and family.

9. Step:

Depersonalization. One sees neither self nor others as valuable, and no longer perceive own needs.

10. Step:

Inner emptiness. The person now feels empty inside. And to overcome this, he looks for activity such as overeating, sex, alcohol, or drugs. Activities are often exaggerated.

11. Step:

Depression. Now the feelings of being lost and unsure, exhausted arise. The future feels black and dark.

12. Step:

Burnout syndrome. This can include total mental and physical collapse. Now it is highest time for full medical attention.

### What can we do? How can we lend a helping hand?

First of all: Never do too much with essential oils, before knowing, that the person with the forthcoming burnout syndrome is willing to smell a softly blending.

The best time for help is the moment of step 2 or 3.

The more the affected person is in this circle of burnout, the less you can help.

As with all the diseases of mind, we have to be very careful finding the right essential oils. Anyway, it is the same as before: we have to dilute in 0,5% - 1% max.

There is a wide range of essential oils which may help:

Many kinds of the essential oils of different Firs, Angelica Roots, Rosewood, Davana, Lemon Myrtle, Bergamot, Cinnamon, Romain Chamomile, Grapefruit, Cypress, Lemongrass, Cardamom, Neroli, Champaca, Marjoram, Clary Sage, Valerian, Ginger, Lavender...



## The most important essential oils and how they work

### The flower oils

#### ◇ Neroli

Neroli is one of the most important oils to be used in our psychologic problems. It fits to nearly every problem we talked about.

We can buy this oil even diluted in alcohol or in jojoba oil, and if we use it undiluted, we have to give only 1 drop to our mixtures! It is very heavy in undiluted way.

#### ◇ Jasmine

I like Jasmine especially in situations which are combined with anxiousness. Like going to hospital, leaving someone behind, bereavements. Use it very carefully! Its smell is very heavy. We find two kinds of Jasmine, *Jasminum grandiflorum* and Jasmine sambac. Which one you will use, depends on your own nose!

#### ◇ Rose

The one and only rose - I like it for many of my dilutions, but I mostly use the distilled rose, diluted in alcohol or jojoba, because it's easier to combine.

Sometimes I need the rose Absolue, but only for my own usage (perfume).

Rose helps you in case of depression, sleepless nights, bereavement, melancholy, anxiousness and mostly all purposes one can think about.

#### ◇ Lavender

It is very interesting, that there are a lot of people who do not like lavender oil.

I think, that may depend on some bad experiences they had.

And it's interesting, too: I met some elderly people in a retirement home in the Austrian mountains, they did not like it, because they did not know the scent of lavender as well. They preferred the essential wooden oils. I think this depends on their surroundings.

#### ◇ Vanilla

The sweetness of Vanilla makes us satisfied in many ways. Therefore, and for calming the nerves I like to use it in some dilutions. You may feel better in shortest time. Vanilla gives comfort, for children, too. It's the real cozy scent.

#### ◇ Osmanthus

There are not many people knowing the scent of this flowery oil. It can help us to calm our nerves and I use it in some dilutions referring to women problems in premenstrual and menopausal syndromes. Helpful against depression! Smell this essential oil and feel it by yourself.



◇ Myrtle

Myrtle is a fresh scent. It is applied every time you want to get some power and, especially, brain power. Gives clearness to some unexpected situations.

◇ Geranium

The essential oil in case of premenstrual and menopausal syndromes can help getting over these diseases.

I do not prefer it, but I know, that many women like it - we don't have to forget, that this essential oil can influence strongly our hormones!

Geranium may help against anxiousness, but also against depression.

◇ Ylang-Ylang

If there are blocked feelings, you need Ylang-Ylang. If there is anxiety, you will need it. In case of stress or burn out, you will need it, too. It smells warm and erotic.

## The wooden oils

◇ Sandal Wood

The smoothing scent of sandal wood oil can help to calm and ease your mind in many ways. It gives you a warm feeling and is harmonizing your body and mind.

I use it for regeneration of the nerves, too.

◇ Atlas Cedar

I find it helpful, e.g. in cases of burn out or stress. In times of depression you can use it, too. As well as in times of aggression or trouble. The essential oil gives power and courage.

◇ Fir and Silver Fir

Let's take a walk through the woods - this is, what happens when smelling these essential oils. We'll get the feeling of open space, of breathing and of healing our soul. These essential oils help you during depression and burn out.

◇ Rosewood

The essential oil of rosewood can ease your mind, even if you are a child. It is helpful when working with little children, because they love the soft scent. And it is working, when there is the problem of bereavement or anxiousness and stress.

◇ Benzoe Siam

The next warm scent. I think it is helping in nearly all situation, when you are needing to be embraced. Benzoe Siam is a resinoid and should be used careful when applied on the skin.



◇ Cypress

Helpful in bereavement-situations. Here I will tell you a little story of the Greece philosopher Ovid which my grandfather told me once I was a child:

When in the ancient times a young man, named Kyparissos, lived together with the nymphs in a holy wood he used to ride a white deer. One day he unfortunately killed this white deer with his arrow. Kyparissos wanted to die. Apollo, the half god, loved Kyparissos and was as sad he could be, when he heard about the dead of Kyparissos. He implored the other gods to allow him the everlasting grief over the dead of Kyparissos. So, the gods transformed Kyparissos onto a cypress, beneath this Apollo could grief as long as he wanted.

◇ Larch

With the scent of this essential oil we have again the feeling of wandering through the woods. It gives clearance to our mind and helps to get better concentrated. One of the preferred essential oils in case of burn out. Opens ones heart.

## The citrus oils

◇ Grapefruit

Need sunny feelings? The grapefruit essence is prepared for this! I like it for nearly every purpose. It gives sun and happiness to our souls.

◇ Bergamot

This is the mostly tested essential oil, ever. I think, bergamot will help in many psychologic diseases as for its possibility to balance our mind. The scent is not to sweet, so you may use it either for men or for women.

I know that it was explored since the 1920s in Italy, at the University of Milano, when they found out this balancing capacity of the bergamot.

◇ Tangerine

You may use Tangerine red for little ones, and Tangerine green especially if you need some kick to get on your feet again. Brings light in your life! And is - on the other way - yet relaxing.

◇ Lemon

I love the taste of lemon in some dilutions for freshen up our rooms. And, of course, it helps you with concentration and better learning.

So, it does, too, when working with elderly dement people.

◇ Bitter Orange

The spicy scent of bitter orange makes a fresh feeling. I use it often when working with men, because of the soft bitter tasting. Helpful with stress situations, bringing the sun back in your heart.



◇ Sweet Orange, Blood Orange

If you need some sweet scent, which will give a little bit of harmony, but not being too loud, you will use sweet orange oil. Or take Blood Orange. It can be used in the same way: helping you for better sleep or getting you through the winter blues days. Of course, children love this essential oil, too, you may use it in case of bereavement then.

## The spicy ones

◇ Rosemary

You may love the Rosemary cineol oil as I do, when you have many things to manage daily. It boosts our brain power, not only when going to school or university, but as well when getting older and - in case of dementia - forgetting your life.

◇ Incense

The essential oil of incense is not too loud. It is a helpful and calming scent you can use in cases of stress and burn out. And you can use it for the times of premenstrual or menopausal causes.

◇ Melissa

The essential oil is very helpful in case of emotional fluctuation and nightmares. It calms your nerves and helps against stress. Another possibility: use it for a dilution for better sleep.

◇ Cardamom

Warm and enjoyable. Against anxiousness. You may use it in a dilution for your diffuser.

◇ Tonka

This essence will make you happy! Tonka can help to increase your serotonin production and it is warm and smooth. You are anxious? Then you need Tonka! You feel down? You will need Tonka, too.

◇ Marjoram

Helpful in bereavement-situations. Used for deep relaxation.

◇ Cajeput

This essential oil is one of the best helping oils in case of problems with dementia and concentration. You may use it against mental exhaustion, too.



## The scent of the roots

### ◇ Angelica root

Spicy and a little bit bitter - this is angelica root. And we need it for calming our nerves. Think about "mothers' little helper" - the Klosterfrau Melissengeist (I do not know exactly, if it is available in the Czech Republic). But I think, you will find it in the Becherovka, too... The essential oil can be helpful when getting no sleep. And in case of stress.

### ◇ Valerian

This essential oil works effective with the central nervous system. It calms with every nervous purpose without leading to sleep. You may use it even when you drive your car, without getting into an accident.

### ◇ Vetiver

This scent helps you to get more self-confidence. It is the essential oil against stress, exhaustion, impotence and frigidity. I think it is especially for women one of the anxiety-relieving ones.

## Conclusion

Essential oils may help in the different psychologic diseases. But we have to act very carefully, especially with dilutions.

- ◇ Never use oils the especial person does not like,
- ◇ do not make dilutions with fat oils over 1%, better use only 0,5% dilutions
- ◇ Do not work with essential oils when you are not sure, how they work
- ◇ If you are in a doubt, please do not even work with your client!

If there are any questions now, please ask!  
Thank you for your attention!

