



BUST THE STRESS

IN 4 SIMPLE STEPS

DONNA MARIE

Hello!

DO YOU EVER FEEL SABOTAGED BY THOSE STRESS MOMENTS THAT SEEM TO SNEAK UP ON YOU?! You are in the right place if you want a **Stress Busting Checklist** to help you stop the onset of a stress moment and have a STRESS-FREE day without crying, attacking the fridge, or becoming mentally paralyzed. You know what I'm talking about..



My name is Donna Marie, and I am so glad you have decided to take action and BUST THE STRESS. Women over 50 can easily become blind-sided by stress if we don't stop it in its tracks.

As a Certified Aromatherapist, I am passionate about helping women get rid of unnecessary stress. Being controlled by stress is not the way we want to age. We want to remain youthful so reducing stress is a must!

SO WHY DO YOU NEED TO BUST THIS STRESS RIGHT NOW?!
DID YOU KNOW THAT STRESS IS AT THE ROOT OF OVER 90% OF ILLNESSES?

Do you worry about becoming ill as you get older? Studies demonstrate that stress is the root cause of most illnesses and disease. Less than 2% of illness is passed down through our genes. So, you don't have to worry as much about the illness that runs in your family versus the STRESS that is passed down through generations. Although we may have a predisposition to certain illnesses because of our genes, it is stress that causes imbalances in our body systems and leaves us susceptible to disease. This is NOT how we want to age! Looking better and feeling better as we get older is TOTALLY POSSIBLE!

Are you ready to break the stress cycle? Let's do it right now!!

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4 STEPS TO WARD OFF STRESS WHEN YOU FEEL IT COMING ON... LET'S TRY IT NOW!

1. INTERRUPT THE AMYGDALA.

The AMYGDALA are two small almond-shaped structures in the limbic system of our brain. They are responsible for initiating the stress response in our nervous system. Overstimulation caused by repeated stress can wreak havoc in our bodies. We can interrupt the amygdala through our nose. The amygdala only respond to the sense of smell! Mic drop!! Essential oils are the most effective way to interrupt the stress response. Grab an authentic essential oil and take a quick whiff! If you don't have oils, you can use a fragrant plant or even your favorite food baking in the oven!



2. STIMULATE THE VAGUS NERVE WITH THE 4-7-8 BREATHING TECHNIQUE.

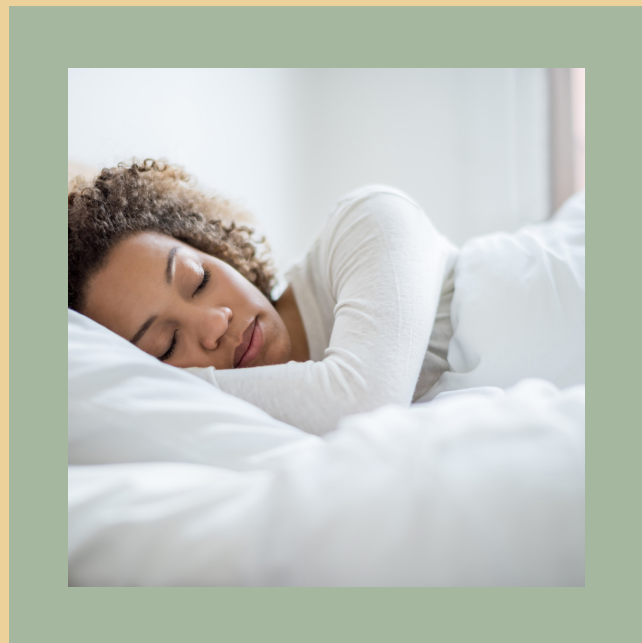
Close your eyes. Inhale through your nose for 4 seconds. Hold for 7 seconds. Exhale through your mouth for 8 seconds. Do this 3 times. This stimulates the vagus nerve which helps to calm the body. You can supercharge this technique by combining it with Step 1. Calming the amygdala with a pleasing aroma and simultaneously stimulating the vagus nerve is a POWERFUL STRESS BUSTER.



4 STEPS TO WARD OFF STRESS WHEN YOU FEEL IT COMING ON...

3. LET THE SUNSHINE IN!

Get your morning dose of serotonin sunshine. Serotonin helps us start the day in a good mood. You have to start right if you want to be prepared to ward off stress. Not enough serotonin is not good for you and for those around you. Morning sunshine (before 10:00 AM) actually stimulates the production of serotonin. This happens through receptors in our eyes. Although sunglasses are great for protecting our eyes from extended exposure to potentially harmful UV rays, they block the sun from stimulating our serotonin receptors. So, take off your sunglasses for 15-20 minutes in the morning sun to start the production of serotonin and boost your ability to ward off stress when it sneaks up on you later in the day..



4. PRIORITIZE YOUR SLEEP.

As a bonus for doing #3, you also get a dose of melatonin from the morning sun. Melatonin production is stimulated by the sun and is released at bedtime. An adequate amount of melatonin is critical for a good night's sleep.

A good night's sleep is critical for stress-busting ability. It is important that our body completes 5 cycles of it's 5 stages of sleep. It takes our body roughly 90 minutes to complete 5 stages and it needs to cycle through 5 times. That equals 7.5 hours of sleep per night. The last 3rd of the night our body heavily focuses on supporting brain function, mental, and emotional renewal. This is a MUST for stress-busting ability!

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BONUS: NEED A QUICK FIX??

GET MY ON-THE-GO STRESS BUSTING ROLL-ON TRIO.

Authentic essential oils were my first introduction to an unmatched power of stress-busting ability. My life changed forever...

Although stress is often felt in our mind first, it settles in various organs and systems of the body. Authentic essential oils have the ability to relieve stress at the cellular level.

Sometimes we just need a quick fix... Although few things in life are actually a quick fix, these 3 roll-ons come pretty close. Peace & Calming, Valor, and Stress Away essential oil blends are my favorite stress-busting oils.



VALOR is the oil that literally change my life! This oil blend gave me my first experience of getting the emotional support I needed to deal with female-related issues.

PEACE & CALMING is the perfect WIND-DOWN oil blend to use during our much needed ALONE-TIME.

STRESS AWAY... Well, the name says it all. This blend is a favorite of mine and other women who don't have time to be slowed down by nonsense or life's daily pressures. Many women use this blend in place of perfume. By the way, most perfumes are toxic!

You can get all three in a convenient roll-on so you can throw them in your bag and have them with you all day long. A great way to BE READY at all times!

[CLICK HERE TO GET YOUR TRIO!](#) You will see it as my Wish List. Simply Click Add All to Cart and checkout.

I WOULD LOVE TO HEAR FROM YOU!



Connect with me! Send me an email at hello@donnamarie21.com. I would love to hear how these 4 steps worked for you! Let me know if you need help!

If you are not using Young Living essential oils and you purchase the oils using this link, you get me as your guide. It's not just a product, it's an experience.

[Click here to get your Stress-Busting Trio.](#)