

MENTAL HEALTH FOR MAMAS

Resources Recommended by Panelists

The Gifts of Imperfection, book by Brene Brown: <https://brenebrown.com/thegifts-hub/>

Emotional Freedom Technique/EFT Tapping:

<https://www.medicalnewstoday.com/articles/326434#summary>

Eye Movement Desensitization and Reprocessing (EMDR) therapy:

<https://www.healthline.com/health/emdr-therapy#considerations>

Get Out of Your Head: Stopping the Spiral of Toxic Thoughts, book by Jennie Allen:

<https://amzn.to/2ReXSZO>

Spiritual care: There is power in prayer and meditation! More than one panelist attests to this!

Self-care: Also, don't underestimate the importance of exercise, sleep, good nutrition, etc. Our physical bodies bear a lot, and our emotional and mental states will work themselves out into our physical selves. A couple of great books for delving into this deeper:

Feelings Buried Alive Never Die, by Karol Truman: <https://amzn.to/3hmTGIB>

Releasing Emotional Patterns with Essential Oils, by Carolyn L. Mein, D.C.:

<https://amzn.to/3bn7XL8>

Note that aromatherapy (using pure, therapeutic-grade essential oils) can enhance other methods such as EFT, EMDR, and other modes of resetting the neural pathways in our brains.

Healthy living products:

Frankincense essential oil and blends Joy, Valor, Peace & Calming, Stress Away

Great Day protocol (helpful for anyone): Valor, Harmony, Joy, White Angelica

CBD Calm roller (Here's a helpful article with scientific info: <https://lindseyelmore.com/cbd-and-emotions/>)

Vitamin B and Vitamin D supplements

Progence Plus (natural serum for hormonal balancing/support)

Ningxia Red drink

**Please don't buy any of these products at retail prices! 😊 If you have a friend/family member who is a Young Living user, ask to get hooked up with a wholesale discount if you'd like to try any of these or other products. If you don't already have a connection, please reach out to Beverly Jacobson (712.890.9584 or email AnEssentialHarvest@gmail.com) for help plus access to free training, education, and other wellness resources.

If you're interested in learning/discussing how all aspects of health are intertwined, you're welcome to check out Beverly's private Fit for Life group, which examines physical, mental, emotional, and spiritual health (<https://www.facebook.com/groups/123597029050104>).