



## Stress Busters

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Inhale. Exhale. Don't you usually feel better and less stressed after you've done that? Guess what? It gets even better when you do them with these scents that not only smell good, but are good stress busters. Kick in some of these anti-stress foods and you'll be all set during crunch time!



### **Lemon**

You know it tastes good, and now you know that smelling it can ease your stress as well. According to Prevent Disease, lemon "promotes concentration and allows your mind to calm especially when you're angry, anxious, or very exhausted." So you see, that lemon in your water is actually a stress buster!



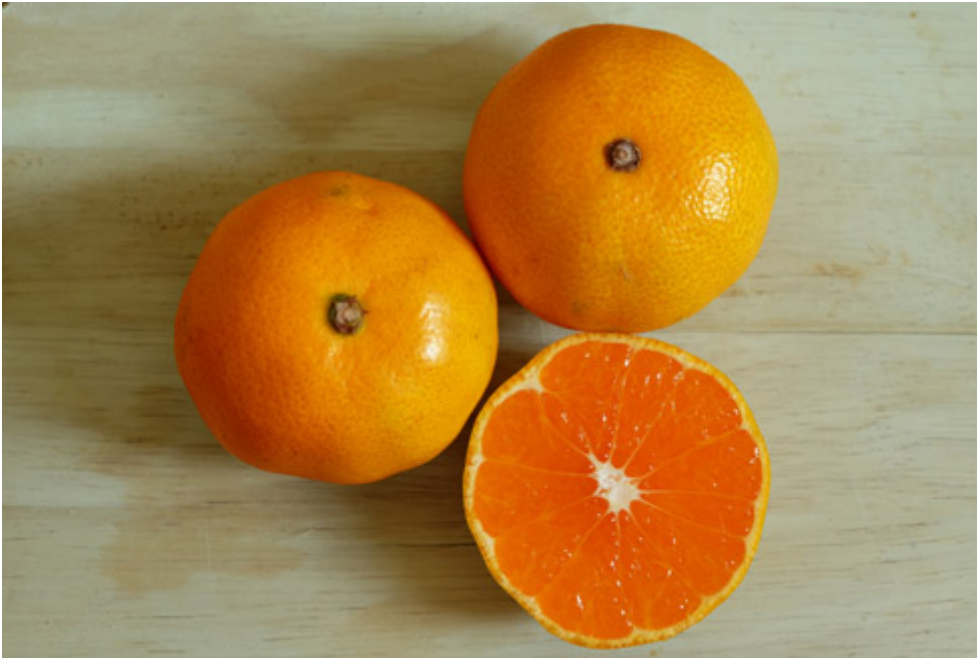
### **Lavender**

Even saying the name itself seems to relieve you of your stress! A study showed that exam takers displayed a big decrease in mental stress and anxiety after inhaling lavender oil and rosemary oil. How cool is that?



### **Rosemary**

This brings us to the third scent in this list. Rosemary, aside from it smelling very relaxing, improves long-term memory, alertness and has properties that fight physical exhaustion, headaches, and mental fatigue.



### **Orange**

You'll be really glad you ate that orange for breakfast. An article in Marie Claire says "that a German Study in Psychopharmacology found that Vitamin C helps reduce stress". What a very convenient and tasty way to de-stress. Pass me that orange, pretty please!

Yes, these foods and ingredients are not only aromatic, they are absolutely therapeutic that will make us feel calm and relaxed afterwards.

Don't you think it's time to book that aromatherapy massage? Better yet, how about heading to the kitchen to get some cooking done with those calming foods.

#### **Sources:**

*One Whiff of These 10 Scents Can Relieve Stress Almost Instantly* [http://preventdisease.com/news/15/092315\\_One-Whiff-These-Scents-Relieve-Stress-Instantly.shtml](http://preventdisease.com/news/15/092315_One-Whiff-These-Scents-Relieve-Stress-Instantly.shtml)

*Health Benefits of Lavender Essential Oil* <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-lavender-essential-oil.html>

*Using Vanilla to Increase Your Mental Performance* <https://www.bulletonproofexec.com/using-vanilla-to-increase-your-mental-performance/>

*9 Foods that Reduce Stress Levels* <http://www.marieclaire.com/health-fitness/advice/a2718/reduce-stress-foods/>