



AMAZING SCENTS.  AROMATHERAPY

## LEARN WITH LIANNE



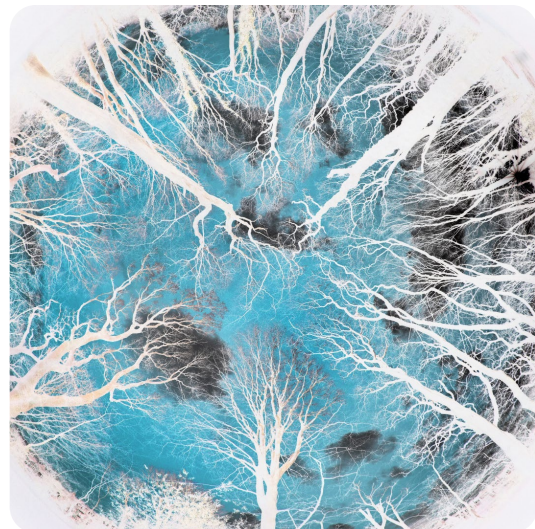
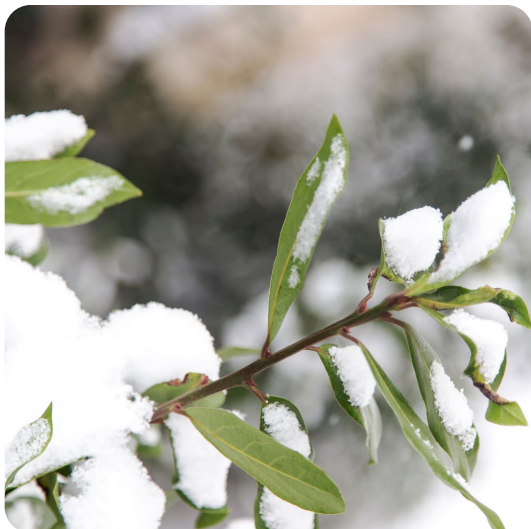
A weekly newsletter all about learning more about your precious essential oils and accessories from Amazing Scents

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

## DEALING WITH THE WINTER BLUES

Winter has officially arrived. The days are shorter, darker, wetter and colder. And the nights are even colder. I'm actually getting cold just thinking and writing about it. You may notice that you are not feeling as happy or upbeat as you normally are at this time.

Whether its the Winter Blues or something more, let's dive in and talk about what we can do to make ourselves feel better.



The colder weather can really have an effect on our moods. For some, it might be feeling low or blue for a day or two. But for others, it may be the whole season long. This type of feeling is called Seasonal Affective Disorder or SAD.

Seasonal affective disorder (SAD) is a type of depression that comes and goes according to the season. People with SAD have symptoms of depression or mania at roughly the same time each year. SAD usually develops in autumn and winter and then it disappears in spring and summer. If this is you, please seek the services of a professional.

There are many things we can do to give ourselves a lift and boost our mood?

- Great good sleep. Use your [Lavender](#), [Vetiver](#), [Marjoram](#) and [Valerian](#) oils to help.
- Use your uplifting and happy oils such as [Orange](#), [Bergamot](#) or [Peppermint](#) to get you going in the morning
- Eat a well rounded, nutritious and balanced diet. Make sure you include foods rich in Vitamin D (low Vitamin D levels have been linked to people with depression). You may want to get your Vitamin D levels checked if you haven't done so already.
- On the days when the sun is out, spend some time in it. Allow its rays to warm your mind, body and soul.
- Do some exercise or conscious movement. If it's too cold and wet to go outside, put on your favourite tunes and dance in the lounge room. Or jump on YouTube and search for an exercise activity you can do from home. We all know that "they" say we need 30 minutes minimum of exercise every day, but if that's too much, do 3 groups of 10, or 6 groups of 5. Do whatever feels good and get the endorphins running.
- Get some fresh air. Yes, it may be cold and wet outside, but fresh air is known to increase your energy, reduce stress and improve your sleep quality. Make it a point to go outside and go for a walk to clear your head. For me a walk on the beach is the best medicine, rain or shine.
- Call upon your support system or reach out to someone for a cuppa and a chat. There are plenty of friends in our community willing to help you, you only need to ask.
- Go onto our Facebook, and check out some of the funny meme's that have been shared on Wacky Wednesdays in The Secret Oil Garden group. They are sure to lighten you up just a little.
- Limit your screen time to things that make you feel happy.



What other ways can you beat the winter blues? What works for you?

And remember to share your stories, your wins, your gains, and your fails, in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Every time you post in the group is an entry into our monthly giveaway. Our \$200 worth of FREE oils winner for May, posted just once - how is that for luck!

Email us at [socialmedia@amazingscents.com.au](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.

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