

AROMATHERAPY FOR STRESS RELIEF

INTRODUCTION:

Stress in the workplace is a common issue that can lead to burnout and decreased productivity. Aromatherapy is a holistic approach that uses essential oils to promote physical and emotional well-being. It can be used to alleviate stress, anxiety, and depression, and improve overall mental and emotional states.

In this session, attendees will learn how aromatherapy can be used to reduce stress and improve overall well-being in the workplace.

Topics to be covered:

- Introduction to Aromatherapy and its potential uses in the Workplace
- The Science behind Aromatherapy and Stress Relief
- Essential Oils for Stress Relief - How to create your own blends using essential oils
- Methods of Application in the Workplace- DIY Aromatherapy Recipes for the Office
- Safety Considerations
- Tips for incorporating aromatherapy into your daily routine

Conclusion:

By the end of this session, employees will have gained knowledge on how aromatherapy can be effectively used to combat stress and improve overall well-being in the workplace.

They will have learned about the scientific principles behind the practice, the various essential oils that can be utilized to promote relaxation and reduce stress, and the appropriate methods of application in the office setting. Safety precautions will also have been discussed.

Additionally, employees will have the ability to create their own personalized aromatherapy recipes using essential oils for stress relief that can be used in their daily work routine.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

