

wellness education series



— STRESS, SLEEP & Emotions —

# STRESS, SLEEP & Emotions

**ON A SCALE OF 1-10 (0 = NOT AT ALL, 10 = this is a big problem),**

How often are you aware of being stressed in your daily life? \_\_\_\_\_

How concerned are you about the quantity and quality of your sleep? \_\_\_\_\_

How frequently do your emotions feel difficult to manage appropriately? \_\_\_\_\_



# STRESS, SLEEP & Emotions

## dōTERRA MOOD MATRIX



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**STRESS, SLEEP &** *Emotions*

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**ADAPTIV COLLECTION**





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# STRESS, SLEEP & *Emotions*

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## Adaptiv Calming Blend Capsules

- Calms and promotes positive feelings
- Supports mood and helps improve state of mind
- Encourages relaxation & mental well being
- Supports cognitive function and emotional balance
- Helps when acclimating to new surroundings and adapting to stressful situations

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# STRESS, SLEEP & *Emotions*

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## Adaptiv Calming Blend



- Helps boost mood
- Complements effective work and study
- Calming and relaxing aroma increases feelings of tranquility
- Reduces feelings of anxiousness and tension
- Apply topically to the web of hand, base of the neck and shoulders or base of skull for mental wellness protocol

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# STRESS, SLEEP & Emotions

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diffuser blend recipes:

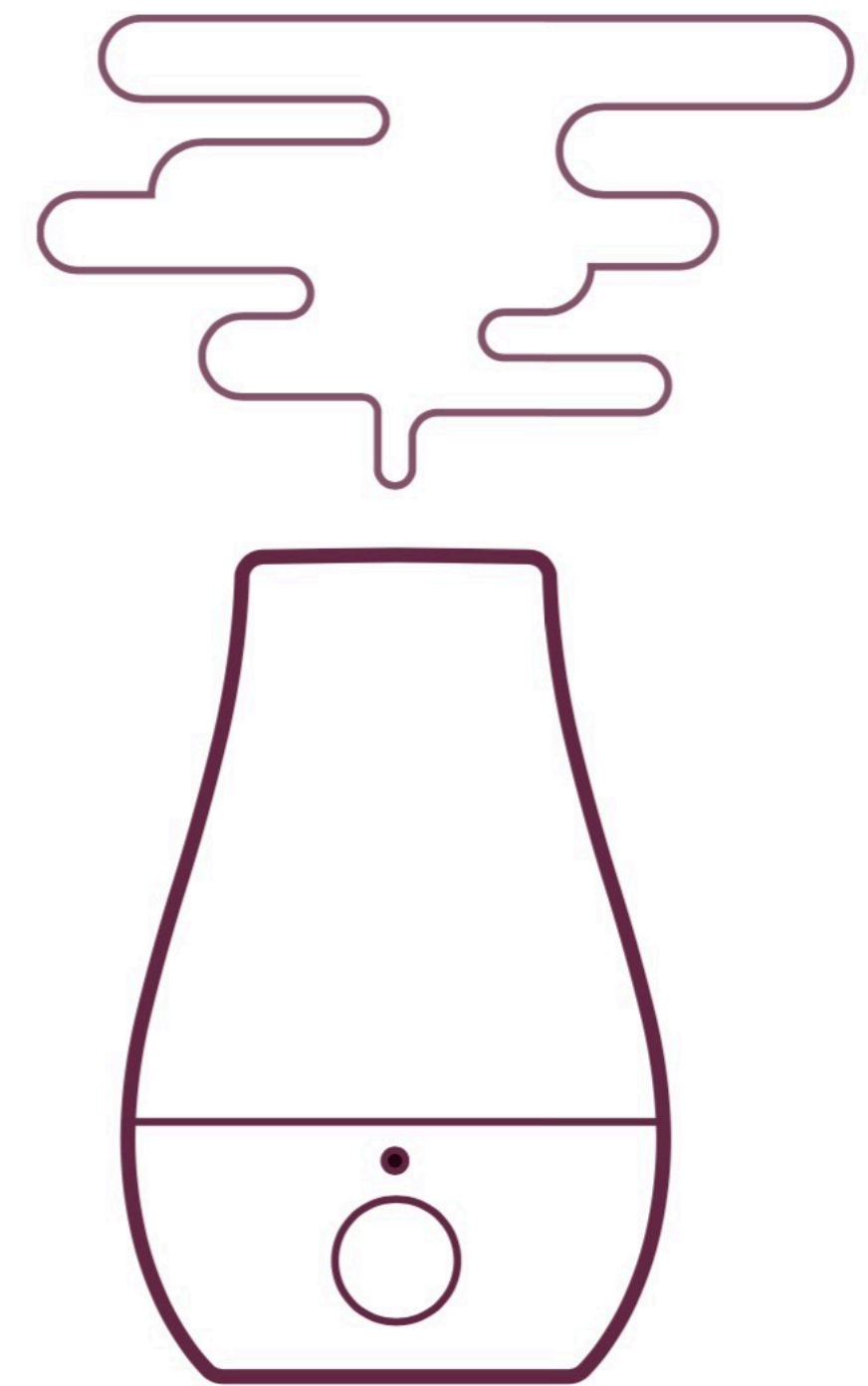
Adaptiv  
Wild Orange

Balance  
Wild Orange

Citrus Bliss  
Sandalwood  
Grapefruit  
Elevation

Forgive  
Balance  
Breathe

Peace  
Balance  
Vetiver



# STRESS, SLEEP & Emotions

## Stick to a schedule

Waking up and going to bed at the same time every day (yes, even on the weekends!) helps your body develop a routine. That could help you fall asleep faster and stay asleep longer.



## Eat healthy

Try to eat a well-balanced diet with limited saturated fats and sugars, reduce snacking after 9 p.m., and eat light portions for dinner.



## Limit screen time

The blue light on phones, computers and TVs can actually trick the brain into thinking it is daytime. Experts recommend staying away from screens two to three hours before bed.



## Exercise daily

Exercising can improve how well and how long you sleep. For some people, exercising late in the day can actually make it harder to sleep. Try to vary the timing of your exercise to find the schedule that works best for you.





# STRESS, SLEEP & *Emotions*



## Serenity Softgels

- Relieves occasional sleeplessness
- Promotes healthy relaxation and sleep
- Encourages restful sleep
- Helps make a difference in the quality & the ease of going to sleep
- Calms the nervous system
- Helps to reduce stress
- Helps you get the refreshing sleep you need without leaving you feeling groggy or sleepy the next day

# STRESS, SLEEP & *Emotions*

## Serenity Softgels



doTERRA conducted a six-week, double-blind, placebo-controlled clinical trial to investigate the efficacy of Serenity Restful Complex Softgels. Subjects reported highly significant improvements in their ability to fall asleep more easily and also reported improvements in waking up more easily and feeling more alert/refreshed in the morning. This study provides further support for the historical use of these botanicals, and confirms the efficacy of Serenity Restful Complex.

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# STRESS, SLEEP &

# Emotions

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*nightly regimen:*



## SERENITY SOFTGELS

- calms the nervous system
- promotes healthy relaxation & sleep



## COPAIBA SOFTGELS

- soothes anxious feelings
- promotes homeostasis & rest



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# STRESS, SLEEP & *Emotions*

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*alternative nightly regimen:*



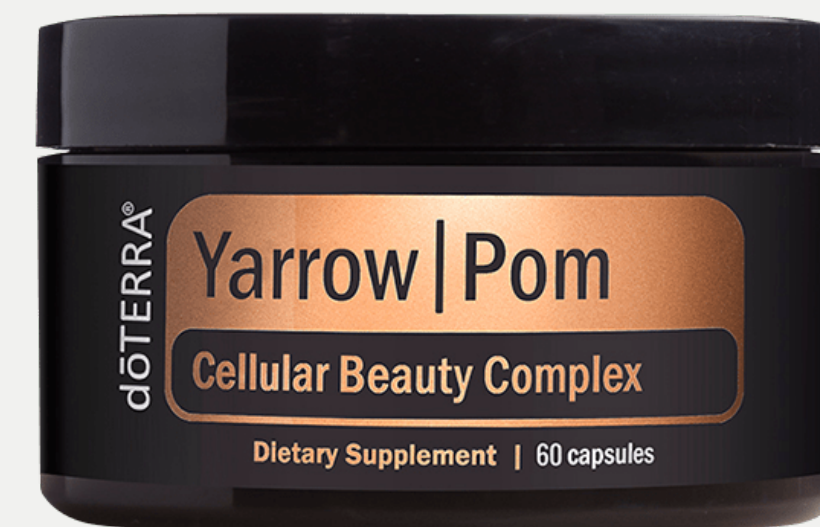
## **ADAPTIV™ SOFTGELS**

- encourages relaxation
- calms and promotes positive feelings



## **YARROW | POM CAPSULES**

- promotes cellular health
- support for the brain & skin





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# STRESS, SLEEP & *Emotions*

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*hibernation roller:*

Combine 20 drops each of these 4 oils in a roller and to with fractionated coconut oil. Apply to feet, big toe, heart, palms of hands and pillow. Inhale deeply with slow, deep breaths.



## FRANKINCENSE

- Prized for soothing & settling the mind
- Eases hyperactivity



## VETIVER

- Natural tranquilizer
- Stops mind chatter



## BERGAMOT

- Calms agitation & stress
- Natural sedative



## ROMAN CHAMOMILE

- Calming & relaxing
- Soothes & clears the mind

# STRESS, SLEEP & Emotions

sample wellness box (LRP):



+ **FREE** Oil of the Month!

**\$151.50**

+ **FREE** Product Credits!

127 PV \*

+ **FREE** Shipping!

○ Sleep Kit \$75.00 / 60 PV

○ Adaptiv Capsules \$39.50 / 30 PV

○ Copaiba \$37 / 37PV

\*Point Value. For most products, \$1 = 1PV.



# STRESS, SLEEP & Emotions

wellness program (3 months of curated products for targeted wellness):

**\$75.00**  
60 PV



Month 1



Month 2



Month 3



STRESS, SLEEP & *Emotions*

Customize your *wellness program*



**Add these items to your Sleep Wellness Program at a significant discount!**



**GOOD HEALTH**

*never goes out of style.*

# GOOD HEALTH

*never goes out of style.*

## 3 TYPES OF PEOPLE

*use*

THE WELLNESS  
LIFESTYLE



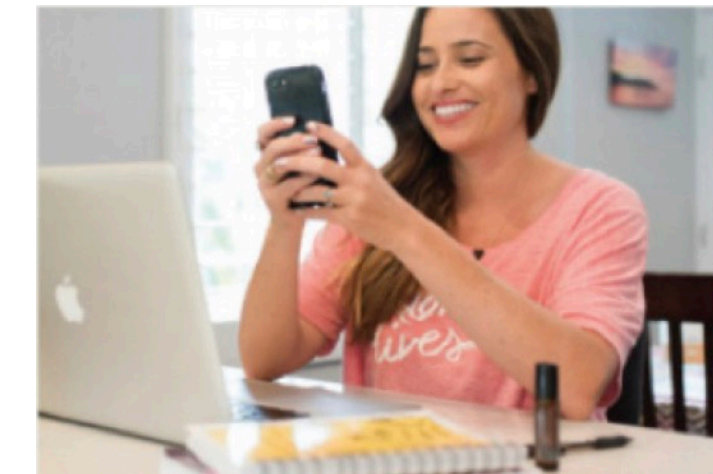
*share*

TO GET YOUR  
PRODUCTS PAID FOR



*teach*

TO EARN INCOME AND  
MAKE IMPACT



GOOD HEALTH

*never goes out of style.*

why doterra **WHY NOW?**

- LARGEST ESSENTIAL OIL COMPANY IN THE WORLD
- MOST TRUSTED, MOST TESTED IN THE MARKET
- USED BY DOCTORS AND HOSPITALS WORLDWIDE
- ETHICALLY AND SUSTAINABLY SOURCED
- WORK DIRECTLY WITH FARMERS
- 120+ MARKET OPEN
- GENEROUS COMPENSATION PLAN
- HIGHEST RETENTION RATE IN THE INDUSTRY 65%
- PRIVATELY OWNED COMPANY
- INCREDIBLE OWNERSHIP TEAM
- DEBT FREE WITH NO OUTSIDE FUNDING

# GOOD HEALTH

*never goes out of style.*

## HOW DO I MAKE MONEY *with doTERRA*



*sample*



*teach*



*enroll*



*support*



# GOOD HEALTH

*never goes out of style.*

## income POTENTIAL

<i>presidential diamond</i>	\$104,965 / month*
<i>blue diamond</i>	\$38,630 / month*
<i>diamond</i>	\$16,814 / month*
<i>platinum</i>	\$9,414 / month*
<i>gold</i>	\$4,875 / month*
<i>silver</i>	\$2,296 / month*
<i>premier</i>	\$939 / month*
<i>elite</i>	\$365 / month*

\*Numbers displayed are monthly averages. Personal earning may be less

# GOOD HEALTH

*never goes out of style.*

## HOW MUCH TIME IS INVOLVED?

*I want my oils paid for:* 3-5 HRS / WEEK

*I want to supplement my income:* 5-15 HRS / WEEK

*I want to replace my income:* 15-30 HRS / WEEK

# GOOD HEALTH

*never goes out of style.*

## COULD THIS WORK FOR ME?

ARE YOU *passionate* ABOUT OILS?

DO YOU *love* PEOPLE?

CAN YOU *follow a system* & GET THINGS DONE?

**GOOD HEALTH**

*never goes out of style.*

What is the next step?

**DO YOU HAVE A WHOLESALE ACCOUNT?** YES: UPGRADE & SETUP 100PV LRP  
NO: CHOOSE A KIT & SET UP LRP

**REACH OUT FOR HELP!** WE WILL PLUG YOU INTO ALL OF  
OUR TRAININGS & RESOURCES

**START MAKING YOUR LIST & SAMPLE EVERYONE! THIS IS SO MUCH FUN!**

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**GOOD HEALTH**

*never goes out of style.*

*the only thing keeping you*

**FROM WHAT YOU WANT**

*is your story about why you can't have it*

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wellness education series



IF YOU ENJOYED USING THIS PRESENTATION  
FOR YOUR BUSINESS

*please consider leaving me a tip.*



En Tao Ko  
@magnifiedjoy

**venmo**



PayPal: entao@magnifiedjoy.com  
Zelle: 303-808-0018



## STRESS, SLEEP & Emotions

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**HYPOTHALAMUS:**  
 A tiny control tower in your brain "send out the stress hormones"  
 • When stressed, orders the brain, "send out the stress hormones"  
 • Designed to protect you  
 • Frequent or prolonged stress brings devastating effects on physical and mental well-being

**SYMPTOMS OF CHRONIC STRESS:**  
 • Irritability  
 • Anxiety/depression  
 • Headaches  
 • Insomnia  
 • Poor immune function  
 • Increased blood pressure

70% OF PROBLEMS SLEEPING are related to psycho-physiological issues (15% environmental, 15% medical)  
 Increased cortisol levels means melatonin levels will not be able to rise as they should to promote restful sleep.

*nightly regimen:*

**SERENITY SOFTGELS**  
 • Calms the nervous system  
 • Promotes healthy relaxation & sleep

**COPAIBA SOFTGELS**  
 • Soothes anxious feelings  
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**BERGAMOT**  
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 • Natural sleep aid

BACK 2 BASICS | 1

## STRESS, SLEEP & Emotions

**doTERRA MOOD MATRIX**



**ADAPTIV COLLECTION**

*diffuser blend recipes:*

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- Forgive, Balance, Breathe
- Balance, Wild Orange
- Peace, Balance, Vetiver
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*my wish list:*

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BACK 2 BASICS | 2



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STRESS, SLEEP & Emotions