

IAAMA
National Aromatherapy Awareness Week

FACTS SHEET 2

AROMATHERAPY AND WORKPLACE STRESS

Work environments are increasingly becoming competitive, demanding, hectic and impersonal, creating the perfect setting for stress and its subsequent ramifications on individuals.

With longer hours spent in the workplace, individuals are working in situations that can have detrimental impacts on their emotional and physical wellbeing. Apart from competitive nature of today's workplace and the lack of job security, more and more workers are also faced with longer hours commuting to work, and then hours sitting in artificial lighting, exposure to the harmful effects of computers and chemicals, dealing with deadlines and competing demands. Many of these global pressures are beyond our own sphere of control.

Aromatherapy and its positive effects on workplace stress.

Aromatherapy is the art and science of using essential oils (extracted from different parts of plants) in order to promote positive health and wellbeing. When used carefully and by following a specific set of principles, Aromatherapy can be an empowering and simple way to reduce workplace stress.

The use of different essential oils can release stress, improve confidence, increase motivation and enhance work performance. Some essential oils can promote more open communication, while others can improve memory, focus and concentration. Aromatherapy can also revive and recharge your batteries to enable you to better achieve personal and workplace goals.

There are many ways to bring aromatherapy into the workplace. Essential oils diffusers heat essential oils and allow their molecules to be released into the atmosphere, thereby entering our blood stream through our olfactory system. Inhaling different essential oils can alter our moods, diffuse stress, stimulate creativity, improve concentration and minimize the spread of airborne viruses and bacteria.

Diffusing essential oils such as lavender, bergamot and sweet orange can help reduce stress and reduce errors caused by anxiety. Other relaxing essential oils include geranium, sandalwood or chamomile.

Eucalyptus or lemon essential oil can clear the air of viruses and bugs during the winter months.

A few drops of peppermint, thyme, eucalyptus, juniper or basil essential oil on a tissue and inhaling can assist in clearing the mind and minimising post-lunch slump.

Air conditioners can have a drying effect on the skin, and computers can irritate the eyes. Floral waters or hydrosols can be spritzed on the face to moisturize skin and to help freshen and revitalize the stale air. A hydrosol such as lavender can help minimize puffiness of the eyes, as well as addressing tiredness and blurring.

Your local Aromatherapist can provide you with more information

For more information contact your local Aromatherapist:

To find a qualified Aromatherapist in your area or for more information contact the International Association of Aromatic Medicine and Aromatherapy (IAAMA) - Phone 02 9715 6622.