

# Create an Anti-Anxiety or Anti-Stress Spray

This spray contains essential oils that can help the mind to relieve stress and anxiety.

Essential oils are small concentrated compounds of essences that come from a variety of plants, trees, flowers and fruit peels. The compounds of certain plants are against things like bacteria - anti-bacterial - like eucalyptus oil. Other essential oil contain compounds that relax the mind or body - calming - like lavender oil. Some even contain compounds that create joy - like orange oil.

Because of how concentrated essential oils are, they can be dangerous to work with and should never be put (as they are) on the skin. And **never** in the mouth. It is important to get an adult to help you when you want to use essential oils.

## Materials Needed

- A 30 ml spray bottle with nozzle (spray) top
- 30 ml of distilled or filtered water
- Essential oils - 1 or more types (examples: rose, lavender, orange, petitgrain, chamomile) - make sure you pick smells that you like



## Make it

- Make sure your spray bottle is clean and dry
- Fill the bottle with the distilled water
- Put 10-20 drops (combined) of the essential oils that you like into the bottle
- Close and shake your bottle
- Spray yourself - but keep your eyes and mouth shut. Shake before use for best results

\* Make sure you take allergies into account and be sure to use Adult supervision when using essential oils.

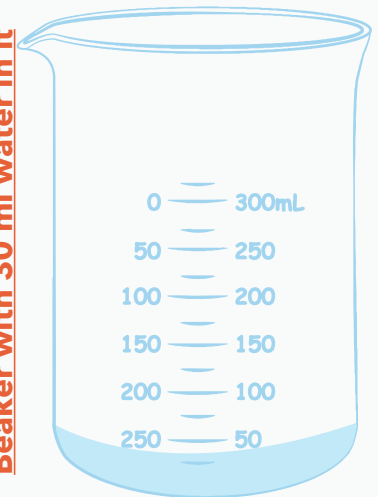
\* Optional - make a nice label for your bottle.

**Ages**  
- 7 and up

**Time required**  
- 5 to 20 minutes

**Adult supervision required to age 15**

**Beaker with 30 ml water in it**



  
Tauska

# Anti-Anxiety / Anti-Stress Spray

Essential oil bottle



Recipe - In my spray I like to put 8 drops of petitgrain oil, 2 drops of rose oil, and 5 drops of chamomile oil, into my spray bottle filled with distilled water



## Petitgrain essential oil

This oil has a citrus and wood smell. It is a happy scent that promotes calm, and joy. The oil comes from leaves from the bitter orange tree.



## Rose essential oil

This oil has a soft and very floral scent. It is calming and helps to soothe emotions. The oil comes from the petals of roses.



## Chamomile essential oil

This oil has a sweet and fruity scent. It is calming and helps to soothe anxiety. The oil comes from the chamomile flowers.



## How the spray works.

- When you spray yourself with the mixture, make sure to shake the mixture before you spray so that the water and essential oils are best mixed. Remember to keep your eyes and mouth shut to avoid the mixture going into your eyes and mouth.
- One safe way to spray is to spray the air in front of you and then walk into that air.
- The compounds of essential oils are very small and can easily enter the skin and be breathed in. Because of this they can work quickly to get rid of stress or help with focus depending on which oils are being used.



  
Tauska

# Make a No bake "NO" cheese cake (to celebrate the win of saying no!)

We celebrate birthdays and other special occasions like getting a great grade or winning a competition, and the likes with treats.

Why not celebrate achievements like the first time setting a proper boundary, or standing up for yourself with a big NO ! cake?

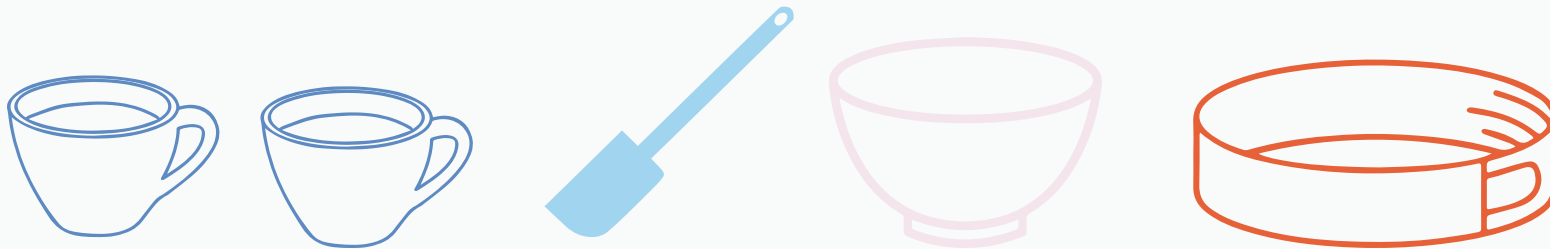
Below is the recipe for a no bake cheese cake to celebrate your first time saying no, successfully standing up for you, or for setting a boundary.

Using blenders, and melting ingredients requires adult supervision.  
Make sure an adult helps you with making the crust and base of this cake.

**Ages**  
- 7 and up

**Time required**  
- 30 - 40 minutes  
- 3-4 hours  
refrigeration time

**Adult supervision  
required to age 15**



## **Crust Ingredients**

- 2 cups of crushed cookies \* crush with a blender (adult supervision required) or with your clean\*hands
- 1/4 cup coarse (rough) sugar
- 1/2 cup melted butter \*melt in the microwave for about 30-40 seconds and use adult supervision

**TOOLS** - Roll of baking paper, mixing bowl, small bowl for the butter, cup for measuring, cake pan, spatula, blender (or \*clean hands)

## **Making the crust**

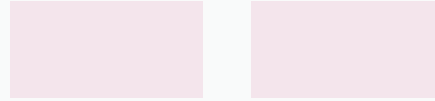
- Mix the above ingredients with a spatula \* do not use your hands to mix these ingredients because the melted butter is very hot
- Line a cake pan with baking paper
- Fill the pan bottom with the crust mixture and flatten with a spoon.



# No bake NO cheese cake (to celebrate the win of saying no!)

## Filling ingredients

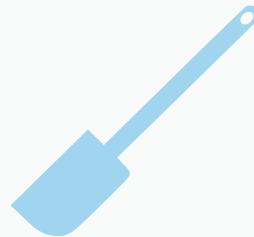
- 1 cup whipping cream (to be whipped)
- 30 oz cream cheese (2 blocks of Philadelphia cream cheese is about this amount)
- 2 tablespoons of creme fraiche (sour cream)
- 1/3 (third) cup coarse (rough) sugar
- 1/2 (half) teaspoon fresh lemon juice



- **TOOLS** - 2 mixing bowls, knife to cut the lemon, tablespoon, whisk, cup for measuring

## Making the filling

- Whip the cream in a bowl until fluffy and stiff using a whisk, or with adult supervision use a blender
- In the second mixing bowl beat with a spatula and then a whisk the cream cheese with the creme fraiche, coarse sugar and fresh lemon juice until smooth, or with adult supervision use a blender
- Fold the fluffy whipping cream into the smooth cheese mixture
- Place the mix on top of the crust and refrigerate for 3 to 4 hours
- Decorate the top of you NO cake with a big NO using icing, fruit, string, etc.



Celebrate saying NO  
Celebrate standing up  
for yourself !!!



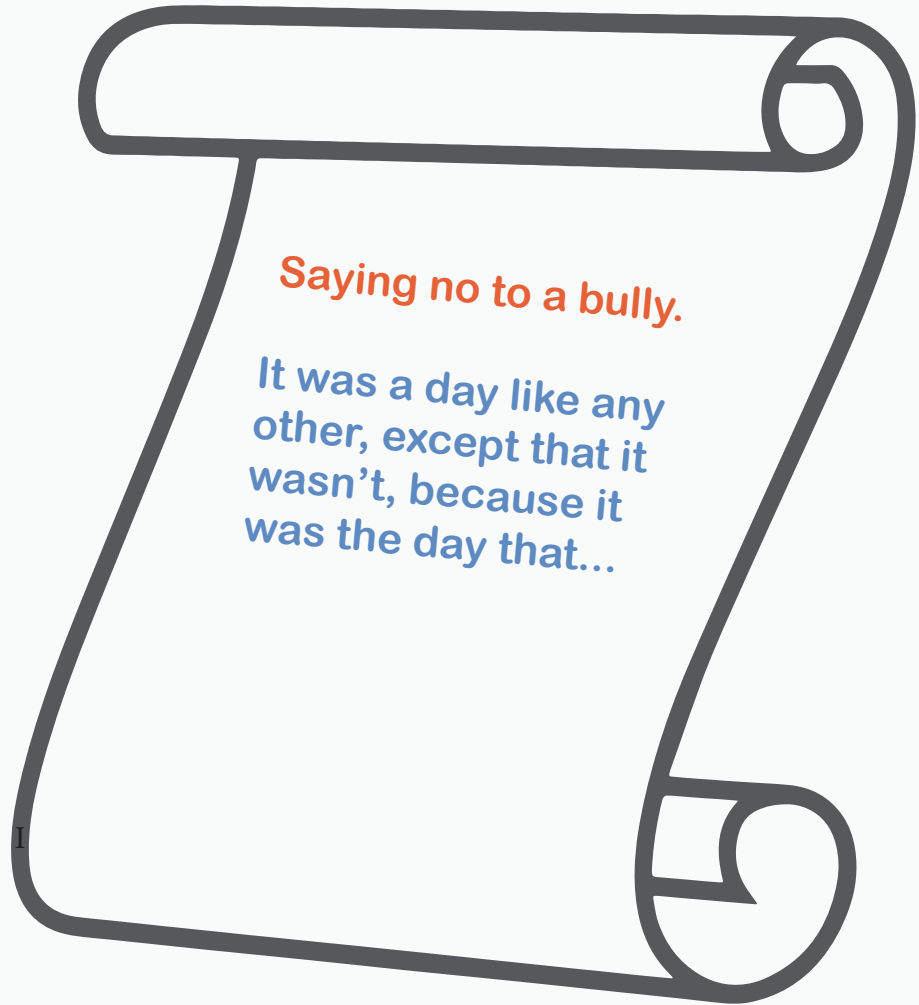
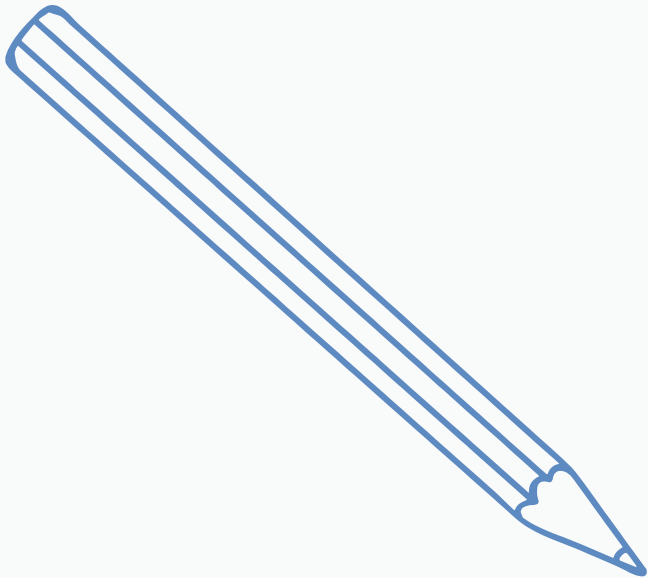
## Write a story !

**Write** a short half-page to two-page story about a time you were successful in saying no or setting a boundary.

(Make sure to check your spelling!)

If you want, draw a picture to further illustrate your success and actions!

Send it to me!  
I will respond and...  
I may post it on the blog!



**Saying no to a bully.**

It was a day like any other, except that it wasn't, because it was the day that...



# Things I like ! / Things you like !

I love sweet fruits like dragon-fruit, apples, bananas and mangoes.



I love to draw and I enjoy watching birds fly.

I used to be scared of biking even though I knew how to bike. I have a hard time with balancing and was always scared that I would have an accident. Recently I began to ride a bike again, and it is not so scary anymore! So I like biking.



## What about you?!

I would love to hear about or see the things that you like.

Write and, or Draw about you! Or things you like!, and feel free to share it with me...

