

TONYA MCBRIDE, RN



# WELLNESS IN THE WORKPLACE

## ADDRESSING WORKPLACE STRESS USING ESSENTIAL OILS

Tonya McBride is a Registered Nurse, a wellness educator specializing in aromatherapy and the therapeutic use of certified pure therapeutic grade essential oils. She is an experienced emergency and critical care nurse working much of her career in the hospital setting at Vanderbilt University Medical Center in Nashville, TN. While at Vanderbilt, she lead a wellness initiative in the Emergency Department at Vanderbilt University Medical Center and was involved in nursing research incorporating the use of essential oils in the hospital setting. Tonya is a member of the Scientific Advisory Board for doTERRA International.

### BENEFITS OF DIFFUSING CERTIFIED PURE THERAPEUTIC GRADE ESSENTIAL OILS INTO THE AIR:



- Naturally provides air purification
- Destroys odors and mold in the air
- Increases atmospheric oxygen
- Naturally antimicrobial, antibacterial, antiviral
- Increases ozone and negative ions in the area which inhibits bacterial growth
- Can affect mood, perceived stress, and energy levels

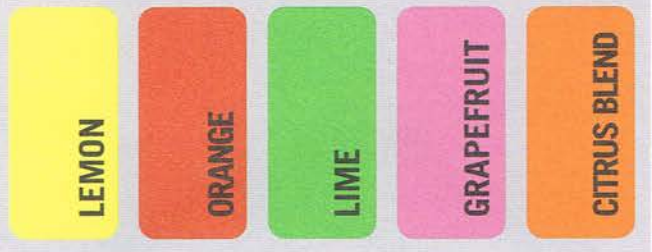
### ESSENTIAL OILS IN MODERN MEDICINE

In France, medical students are required to study aromatherapy; it is frequently prescribed by physicians and typically covered by insurance.

(Lavabre, 1990) The Science and Art of Aromatherapy, Journal of Holistic Nursing, Vol. 17 No.1.



### ESSENTIAL OILS DIFFUSED IN THE EMERGENCY DEPARTMENT



### QUALITY MATTERS, CERTIFIED PURE THERAPEUTIC GRADE 100% GUARANTEED

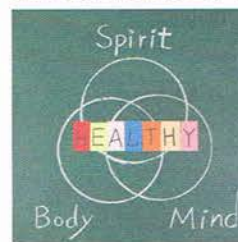
- CERTIFIED Pure Therapeutic Grade essential oils are sourced from indigenous regions throughout the world
- CERTIFIED Pure Therapeutic Grade essential oils are guaranteed to be 100% pure, natural, and free of synthetic compounds or contaminants-beyond organic
- CERTIFIED Pure Therapeutic Grade essential oils are subjected to rigorous 3rd party laboratory testing to ensure purity & potency

### INTEGRATIVE HEALTH: COMING TOGETHER

Many hospitals are now incorporating the use of Essential Oils. It is suggested that their use can relieve stress, reduce pain, and facilitate sleep. Anxiety, stress, and sleep deprivation are very common culprits in the hospital setting. Essential oils may lift the mood and calm the senses in chaotic environments.



### ESSENTIAL OILS TREAT THE WHOLE PERSON



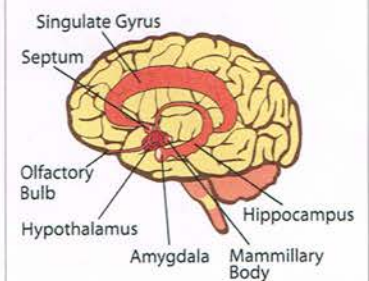
Aromatherapy involves the therapeutic use of essential oils—concentrated oils extracted from various parts of aromatic plants—with the intent to calm, balance, and rejuvenate mind, body, and spirit

(Corio, 1993) The Science and Art of Aromatherapy, Journal of Holistic Nursing, Vol. 17 No.1, March 1999 5-17.

### HOW DO ESSENTIAL OILS AFFECT MOOD?

When essential oils are diffused into the air, the aromatic molecules are inhaled. They interact with the body's olfactory nerves and the limbic system. The limbic system is directly connected to the parts of the brain that control heart rate, blood pressure, breathing, memory, stress, and other emotions.

### LIMBIC SYSTEM STRUCTURES

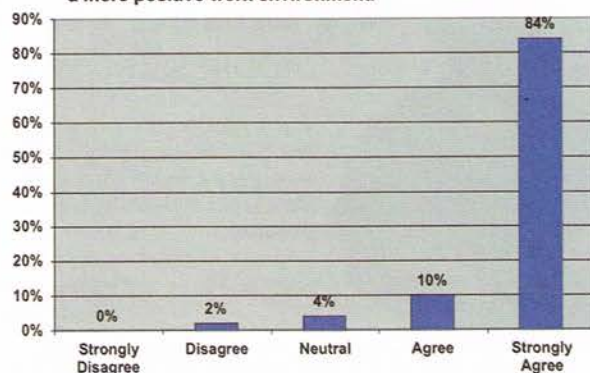




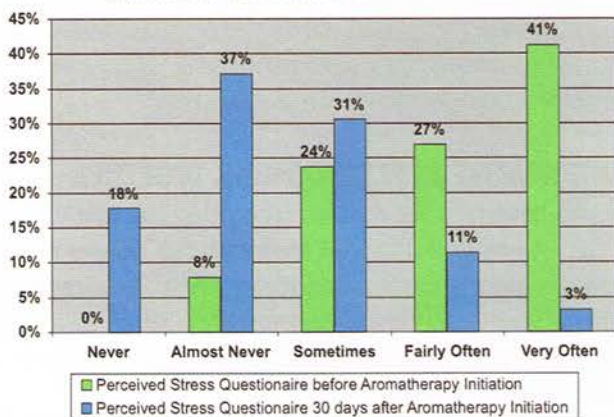
# BEFORE AND AFTER

PERCEIVED STRESS SURVEY  
OF MORE THAN 100 STAFF PARTICIPANTS

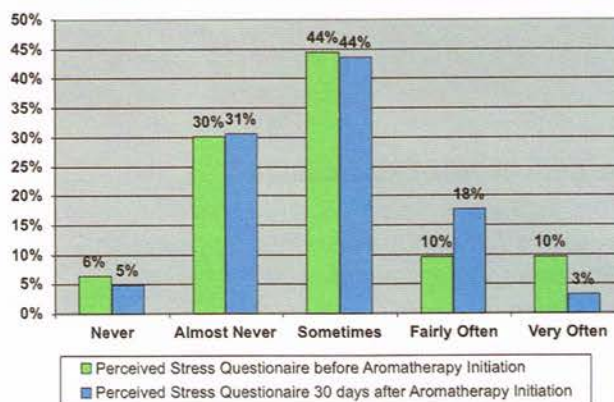
Diffusers in the Emergency Department contribute to a more positive work environment.



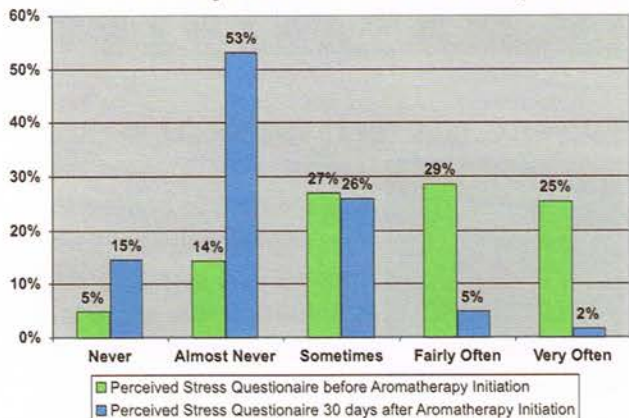
In the past week, how often have you experienced work-related stress?



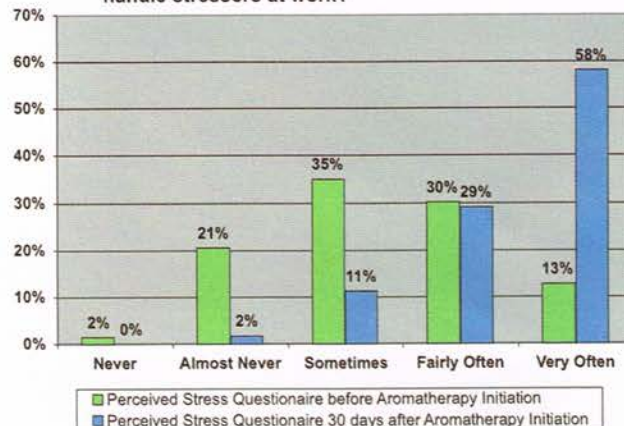
In the past week, how often have you experienced stress related to your personal life?



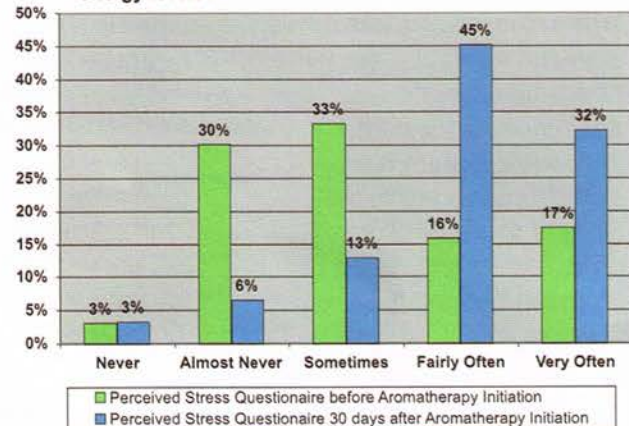
How often do you feel overwhelmed in the workplace?



How often do you feel well-equipped to handle stressors at work?



How often do you feel that you have optimal energy levels?



Which of the following words best describes the most common mood state you find yourself while in the workplace?

