**4 Ways That Essential Oils Help with Anxiety**

Anxiety can be a debilitating experience if you’ve ever had to deal with it. It makes you feel uneasy and you’re afraid of something. Anxiety comes in various forms in each person’s life. Exams in school or problems with your job are some of the reasons people get anxiety. It can be associated with your feeling towards certain situation.

This does not affect everyone in fact it can be a major issues for some yet it is not a problem for others. Once you’ve experienced it you’ll need to learn how to deal with your anxiety. You can usually get medication for to help you through, but a lot of people chose to find a natural treatment solutions instead.

Medicines or prescription drugs can have side effects that will harm your body. One natural remedy that works for some people are essential oils. Why not try oils for yourself? They have fewer side effects, if any and can also help you improve yourself whether it is physically or emotionally.

Essential oils are so popular for a natural treatment because they work. Here are some that oils help anxiety:

**Helps Relax Your Muscles**

When you experience anxiety, it makes you muscle tense up. One of the essential oils, sandalwood, can provide an earthy feeling and fragrance. This smell is associated with the great outdoors and people feel relaxed when they experience it.

This particular smell is strong, not like lavender or chamomile, but you will get used to it. Eventually you will find yourself loving the woody touch of these essential oils.

**Exudes a Soothing Aroma**

Anxiety can strike at any time of the day and most often when you least except it. Experiencing these attacks frequently can give you an idea of what will trigger them, but you’ll never be able to predict them one hundred percent of the time. You’ll want to rest, but unfortunately anxiety attacks do not allow you too.

Lavender can help with relax with the smell. This essential oil produces a soothing aroma which will make you feel so fresh and relaxed. The aroma of this oil is what you need when you suffer from anxiety.

To help your mind be relaxed, this soothing aroma from lavender essential oil is the perfect thing for you to use.

**Manages and Controls Mood**

Essential oils can tap into how you feel. By smelling the oils you can start to feel a certain way. This could bring up past memories that were pleasant. This helps control your mood and emotions.

Use essential oils to help you leave the anxiety behind and keep moving. Do not let the negative vibes take over. Try it out. It will really help you out.

**Allows Your Mind to Relax**

These essential oils can help be a huge stress reliever for you. It clears negative thoughts going through your mind. You can use and apply these beneficial essential oils before your anxiety attacks.

For example, try to use it at night time. Do this by using an infuser and letting the smell drift all through the house. This will help you feel relaxed.

Essential oils are like any other treatment – you’ll have to find one that works for you. Not all oils work the same way for everyone, so work with your doctor or natural practioner to find the right combo that helps your anxiety attacks.