



## Empowering you Organically – Season 9 – Episode 72

**Title:** Learning to Manage Stress with Amy Mercree

**Hosts:** Jonathan Hunsaker, TeriAnn Trevenen

**Guest:** Amy Leigh Mercree

**Description:** Did you know individuals under constant stress have a 50% higher mortality rate? Stress proves to be one of the most significant issues among the population. In the case of stress in America, the statistics show frightening results. Stress-related illnesses include depression, anxiety, acne, high blood pressure, constipation, insomnia, and so on. Tune in today as we hear from Amy Leigh Mercree. She offers us great tips to help keep our stress levels manageable. To better health and less stress!

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## FEATURED PRODUCT



## This Powerful Anti-Inflammatory Supports a Healthy Heart, Boosts the Thyroid, and Promotes Brain Function

- **3 NATURAL INFLAMMATORY SUPPORT AGENTS:**Our revolutionary formula combines Frankincense, Myrrh & organic fermented Turmeric into a powerhouse anti-inflammatory supplement.
- **SOOTHE ACHING JOINTS:** Each of these ancient treasures has been shown through studies to help alleviate joint pain, soothe aching joints and decrease inflammation.
- **INCREASE MEMORY & ALERTNESS:**Frankincense has been scientifically demonstrated to support a healthy heart, support normal thyroid function, and promote memory and brain function.
- **CLEAN INGREDIENTS:**We use only the purest and cleanest ingredients. Our Joint & Muscle Care contains all natural ingredients free from fillers, binders and excipients.

### About Amy

Amy is a bestselling author, holistic health expert, and medical intuitive. Amy teaches internationally, sharing Next-Level Healing, Meet Your Guides, Mindfulness Meditation, and bestseller Boot Camp Classes.

Amy is the author of *The Spiritual Girls Guide To Dating*, *A Little Bit of Chakras*, *Joyful Living*, *101 Ways To Transform Your Spirit And Revitalize Your Life*, *The Chakras And Crystals Cookbook*, *The Compassion Revolution: 30 Days Of Living From The Heart*, *A Little Bit Of Meditation*, *Essential Oils Handbook*, *Apple Cider Vinegar Handbook*, *A Little Bit Of Mindfulness*, *The Mood Book*, *Crystals, Oils, And Rituals To Elevate Your Spirit*, and her latest book, *A Little Bit of Goddess: An Introduction To The Divine Feminine*.

Amy has been featured in Glamour Magazine, Women's Health Inc. Magazine, Shape, The Huffington Post, Thrive Global, Your Tango, Soul And Spirit Magazine, Mind, Body, Green, CVS, NBS, Hello Giggles, Reader's Digest, The Oprah Magazine, Forbes, CBS, First For Women, Country Living, Fox, Bustle, and many more.

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### Amy's History

"I have been a medical intuitive since I was 23, so it's been 19 years. So, that's how it all started was working with clients on their holistic health questions. So, as a holistic health expert and medical intuitive, I started to write books based upon the questions my clients had. So, it started with dating, because everyone wanted to know about their love lives, but then it really progressed to all these meditation topics, and health topics, because those are the things that I am passionate about, and I teach meditation and things like that. So, it was really fun to just keep bringing everything together, and now, here we are much later, with all those books for you to read."

### Amy's Favorite Things to Talk About

- I love talking about the divine feminine, because I think it's really timely and helpful as far as social change.
- I do love talking about health in general, and essential oils and plants, and the ways that we can create recipes and combine those.

### Amy's Best Tips for Turning Worry into Peace and Improving Our Overall Mood

- Having a news fast every week - spending at least a few days just staying off of anything that's going to give you news, and as an extension of that, really limiting screen time, because I think that's one of the chief things that does eat away at people's sense of peace and makes people really anxious.
  - How often are we on social media? Be mindful of what you consume!

### Rituals for More Restful Sleep

1. Getting off screens at least an hour, if not more, before bed. The hour before sleep is the time for minimal to no electronics. It's a time to read a book or draw or something relaxing.
2. You can make some really easy essential oil sprays, linen sprays. You can use spring water and essential oils that are clean and pure. You can throw some essential oils in a bottle with some spring water, spritz your bed, spritz your linens, lightly spritz your lampshade, not on the bulb.
  - a. Lavender
  - b. Vetiver
  - c. Roman chamomile
3. You can do the legs up the wall yoga pose.
  - a. You can do that right in bed if your bed's like up against a wall or you have a headboard. here's the wall, and then you're sitting next to the wall.
  - b. And then, you stretch your legs out. You're sitting straight up in a V.
  - c. You turn your body and flip your legs up, so your legs are up the wall. You can push your backside as close in as you can to the headboard. If you can get it all the way, that's great. Some people feel more comfortable if they have a couple inches.
  - d. And then, you just put your arms out in whatever position's comfortable, palms up.
  - e. Perhaps you've had your spray. You can spritz your linen spray, since it's therapeutic grade oils, over your own head, or kind of over your body.
  - f. And just take a few minutes and close your eyes and relax.
  - g. So then, after you've done that for 5-20 minutes, whatever's comfortable, even if you fall asleep like that it's fine, you bend your knees, bring them down the wall.
  - h. If you want, you can sit in a butterfly pose, open your knees for a bit, then roll to your right side, stretch out your legs and come out of it.
  - i. Then, you can go to sleep.

How do you recommend people use oils to soothe anxiety?

- If you're doing a yoga pose like that, or just throughout your day, you can use specific oils that are great for relaxation.
  - Lavender
  - Vetiver
  - Chamomile
  - Jasmine
  - Ylang-ylang
- You can make a blend, or just to take some vetiver, some lavender, some ylang-ylang, put it on your fingertips, you can put it on your temples, you can put it on your wrists, you can put it on your earlobes, just to give yourself that aromatherapy all day.

### Worry Less Bath – Creating a Ritual

- It's a whole ritual in the book, but you do an activity where you're writing some intentions down.
- You can use crystals in your bath if you choose. You can use moonstone, you can use clear quartz, you can use rose quartz, if you're into crystals.
- You use lavender essential oil, preferably organic, valerian essential oil, and then you use a candle that's pastel-colored.
- You brew yourself chamomile tea and you put dried lavender in your bath.  
You make a ritual out of it. You prepare your tea, you run your bath, you go through the exercise and you write down your intentions, and you do a little bit of journaling. You light your candle, and then you step in and you've sat an intention for your bath. You've invigorated, invoked your sense of smell, your tea, the kinesthetic sense of being in the warm water and having the dried lavender in there. It gives you a chance to go into a meditative state.

### Crystals and The Sense of Calm and Boosting Tranquility

- Everybody loves crystals, because they're so pretty, and in this age of social media, where we've become so visual, they really lend themselves to that. But they're also lovely tools.
- Crystals are people too.
  - Crystals are alive, just like a plant is alive, an animal is alive. And so, we want to treat our crystals with care, so when we do bring them into our environment, they're going to raise this vibration.
  - I prefer it in a raw state, that the crystal wasn't busted up and pushed around.
  - The crystal should live outside, or on your patio, or on your windowsill if you live in an urban environment, so it gets sunlight, so it gets moonlight, so perhaps it gets rainwater as long as it's not a crystal that can't get wet, so it's happy, so its vibration is high.
  - You may bring the crystal in, put it in your bath, put it next to your bed. Perhaps, keep it on a sunlit windowsill where it gets plenty of sunlight and moonlight and is away from electronics.
- Rose quartz crystal are great for this idea of bringing calm.
- You can use crystals by bringing them in the environment.
- Some people like to put a crystal in their pocket if it's little.

- I'm a fan of gentle crystals, rose quartz, moonstone, larimar.
- Some people are more like let's power it out, and they just bring in a ton of really powerful crystals.
- Crystals are incredibly healing.
  - For healing, for example, moving energy, labradorite is a very, very helpful crystal.

## How Herbs and Plants Can Impact Your Life

- That's probably my most effective tool in our toolbox is the power of plants, whether you're using them through herbal infusions, which people call tea, or we're using them in tinctures, or we're wildcrafting, or they're dried, they're fresh, whatever they are. Plants are medicine.
- We have so many options for plants that can calm us. Chamomile, everybody's heard of chamomile tea. An organic, really pure chamomile tea without natural flavors, there are studies that talk about it can serve as a sedative.
- If you'd like to go deeper, passionflower is a deeply relaxing tea.
- Kava-kava is an extra-sedative tea. If you're sensitive, you really only want to drink kava-kava right before bed, and really be aware, it's powerful stuff.

If you could leave one statement with the world, one message with the world, what would you say?

You matter, that you're a critical piece of the puzzle here on earth here on earth, and what you do and the impact you make, no matter how large or small, matters.

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## Deeper Dive Resources

Amy's Webpage

<https://amyleighmercree.com/>

Amy's Books

<https://amzn.to/2vn4A4L>

Amy's Facebook Page

<https://www.facebook.com/amy.mercree>

Amy's Instagram

<https://www.instagram.com/amyleighmercree/>

Organixx – USDA Certified Organic Essential Oils

<https://organixx.com/essential-oils/?gl=5d88df4d02e26b7621380839>