

# What is Aromatherapy?



Pain Assessment and Management Initiative

## Aromatherapy & Deep Breathing

Aromatherapy is a natural healing treatment that uses plant extracts or essential oils to improve the health of the body, mind and spirit.



Studies have shown that aromatherapy helps:

Manage pain



Reduce anxiety



Calm stress



Boost immunity



Improve sleep quality

Inhaling the aromas from essential oils can stimulate a part of your brain that plays a role in emotions, behaviors, heart rate, and blood pressure.



### Essential Oils & Uses

Lavender- pain relief, insomnia, stress

Eucalyptus- cold & respiratory infections, pain relief

Lemongrass- anxiety, muscle aches, headaches

\*See inhaler package label for precautions

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## Belly breathing

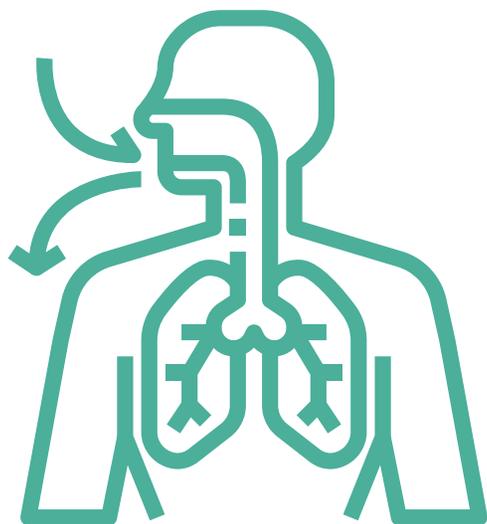
Sit in a comfortable position

Put your hands on your belly just below your belly button

Take a deep breath in through your nose, and let your belly push your hand out

Breathe out and feel the hand on your belly go in, and use it to push all the air out.

Repeat for 5-10 minutes



# What is Deep Breathing?

Deep Breathing is not just relaxing; it also has been scientifically proven to affect heart rate, the immune system, and pain.



Research has shown that breathing exercises can have immediate effects by altering the pH of the blood, lowering blood pressure, and reducing stress and anxiety.



## 4-7-8 breathing

Use belly breathing either sitting or lying down

Put your hands on your belly just below your belly button

Take a deep, slow breath from your belly, and silently count to 4 as you breathe in

Hold your breath, and silently count to 7

Breathe out completely as you silently count to 8

Try to get all the air out of your lungs by the time you count to 8.

Repeat until you feel calm.

Breathing Exercises for Stress Relief

