

AROMATHERAPY

FOR STRESS MANAGEMENT

RELAXATION

Lavender, Ylang Ylang, Chamomile, Bergamot, and Orange oils can help relax the nervous system and relieve restlessness.

FOCUS

Sandalwood, Elm, Peppermint, Rosemary, and Lemongrass oils can help heighten the senses and improve clarity of thought.

HAPPINESS

Lemon, Jasmine, Basil, Neroli, and Rose oils can help with elevating your mood and promoting an overall sense of wellbeing.

CALM

Frankincense, Clary Sage, Davana, Geranium, and Patchouli oils can help promote inner peace and relieve irritability and worry.

IMMUNITY

Lemon, Ginger, Eucalyptus, Spearmint, and Thyme oils can help with overall immune system support, digestion and detoxification.

Image of Sunset at Miramar Beach, Florida

Ways to manage stress behind the wheel 

MANAGING YOUR STRESS ALLOWS YOU TO BE
SAFER BEHIND THE WHEEL



Set up a playlist of relaxing music.



Show compassion to yourself and others.



Set phone on "Do not Disturb" to resist temptation.



Leave earlier to avoid being late.



Focus on getting home to what you love.



Give fellow drivers the benefit of the doubt.

BE THE CHANGE.

8 people die on Florida's roads **EVERY DAY** due to common mistakes behind the wheel. **YOU** can make a difference!

LET'S GET EVERYONE HOME.



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