

# Navigating the Holidays

## PILLAR 3: SUPPORT

*You Don't Have to Do This Alone*

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### Essential Oils for Pillar 3: SUPPORT

#### **Adaptiv Calming Blend**

Soothing and uplifting; helps you adapt to stressful situations and new surroundings

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#### **Adaptiv Capsules**

Internal support for reducing stress and restoring resilience

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#### **Copaiba**

Reduces anxious feelings and promotes calm; a key ingredient in Adaptiv Calming Blend

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#### **Bergamot**

Reduces stress and tension

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#### **Cedarwood**

Supports the heart in softening self-protective patterns, helping you open to connection and receive care

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*The 5 Pillars of Navigating Change*

*These statements refer to doTERRA essential oils and have not been evaluated by the FDA.  
These products are not intended to diagnose, treat, cure, or prevent any disease.*