



SLEEP BETTER



WE ALL FACE DIFFERENT CHALLENGES, WHEN WE FEEL OVERWHELMED, WE EXPERIENCE STRESS.

In small doses, stress is a good thing, giving you the motivation you need to stay focused and alert. Stress keeps you on your toes, but when things get too tough, stress becomes a threat to both your physical and emotional well-being.

Bach Flower Essences® are beneficial when you find yourself in traumatic situations, such as, stress, emergencies, bad news, before exams or job interviews. The Essences quickly get you back into normal balance to deal with any situation.

When sleep is being affected by stress, Bach Rescue Sleep® calms your restless mind, providing natural support for restlessness caused by stress and repetitive thoughts.



SOME STRESS SYMPTOMS

Cognitive

- Memory problems and indecisiveness.
- Inability to concentrate.
- Anxious or racing thoughts and worrying.

Emotional

- Inability to relax.
- Irritability and impatience.
- Feeling tense, on edge and overwhelmed.

Physical

- Headaches and muscle tension.
- Nausea, dizziness and insomnia.
- Chest pain, rapid heartbeat.

Behavioural Symptoms

- Excessive alcohol, cigarettes, or drugs.
- Nervous habits (e.g. nail biting, pacing).
- Teeth grinding or jaw clenching.
- Overreacting to unexpected problems.