

The Caregiver's 2-Minute Self-Care Assessment

7 Biblical Truths + Pocket Sized Peace Recipe



A Faith-Based Guide to Guilt-Free Aromatherapy for Overwhelmed Caregivers



Part 1: Your Compassionate Self-Assessment

"Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28

Check all that apply to you in the past month:

☐ Physical Neglect Signs

- Skipped meals or ate standing up more than 3 times
- Missed your own medical appointments
- Forgot to take your medications/vitamins
- Went to bed after midnight due to caregiving tasks
- Experienced headaches, back pain, or tension you ignored

☐ Emotional Overwhelm Indicators

- Felt guilty for wanting 10 minutes alone
- Cried in your car, bathroom, or when no one was looking
- Snapped at loved ones over small things
- Felt invisible or unappreciated for your sacrifices
- Questioned if you're "doing enough" for those you care for

☐ Spiritual Disconnection Signals

- Skipped prayer time because you were "too busy"
- Felt distant from God despite needing Him most
- Struggled to find joy in things that usually bring peace
- Felt guilty asking God for help with your own needs
- Lost your sense of purpose beyond caregiving duties

☐ Relationship Strain Markers

- Declined social invitations because you're "too tired"
- Felt resentful toward others who seem to have "easier" lives
- Avoided conversations about your struggles
- Felt like no one truly understands your daily challenges
- Isolated yourself even from supportive friends

Your Assessment Results

1

0–3 Checks

You're managing well, but prevention is key! The tools below will help maintain your balance.

2

4–8 Checks

You're showing signs of caregiver strain. It's time to implement gentle, biblical self-care practices.

3

9+ Checks

Sweet sister, you're running on empty. God sees your sacrifice, and He wants to restore you. Start with one small step today.



Part 2: 7 Biblical Truths for Guilt-Free Self-Care

Reflect on each truth and write one way you can apply it this week:

Truth 1: Self-Care is Biblical Stewardship

"Do you not know that your bodies are temples of the Holy Spirit?" — 1 Corinthians 6:19

Reflection: How can caring for your body honor God this week?

Your Application:

Truth 2: Rest is God's Design, Not Laziness

"Come away by yourselves to a desolate place and rest a while." — Mark 6:31

Reflection: When did Jesus model rest for His disciples?

Your Application:

Truth 3: You Can't Pour from an Empty Cup

"Love your neighbor as yourself." — Mark 12:31

Reflection: How does caring for yourself enable better care for others?

Your Application:

Truth 4: God Provides Helpers and Tools

"And my God will meet all your needs according to the riches of his glory in Christ Jesus." — Philippians 4:19

Reflection: What tools (like aromatherapy) has God provided for your peace?

Your Application:

Truth 5: Boundaries Protect Your Calling

"But Jesus often withdrew to lonely places and prayed." — Luke 5:16

Reflection: How can you create "lonely places" for restoration?

Your Application:

Truth 6: Your Worth Isn't Measured by Exhaustion

"For we are God's handiwork, created in Christ Jesus to do good works." — Ephesians 2:10

Reflection: How does God see your value beyond your caregiving?

Your Application:

Truth 7: Small Acts of Self-Care Honor God

"She has done what she could." — Mark 14:8

Reflection: What small act of self-care can you do today?

Your Application:

Part 3: Your Emergency Calm Stick Recipe

"He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." — Psalm 23:2-3

The "Peaceful Pause" Blend

Perfect for overwhelming moments, bedtime anxiety, or when you need instant grounding

What You'll Need

- 1 personal aromatherapy inhaler (available online for \$2-3)
- Lavender** essential oil (God's gentle embrace)
- Rose Geranium** essential oil (emotional balance)
- Patchouli** essential oil (grounding strength)

Why These Oils Work Together

 **Lavender (Lavandula angustifolia)** — "God's Perfect Love in a Bottle"

Mirrors divine love: unconditional comfort, gentle strength, consistent presence. Calms anxiety and promotes peaceful sleep. Safe for all ages when properly used.

Biblical Connection: Like God's love, it meets you exactly where you are.

 **Rose Geranium (Pelargonium graveolens)** — "Emotional Restoration"

Balances emotions during hormonal changes and stress. Provides rapid relief from hot flashes and PMS symptoms. Creates emotional stability during chaotic seasons.

Biblical Connection: Restores your soul like quiet waters.

 **Patchouli (Pogostemon cablin)** — "Grounding in God's Strength"

Anchors you when feeling scattered or overwhelmed. Promotes deep, restorative sleep. Connects you to earth's stability and God's unchanging nature.

Biblical Connection: Like the solid rock of faith that doesn't shift.

Step-by-Step Creation



Step 1: Prepare Your Heart

Begin with a simple prayer: "Lord, bless this tool for my peace and restoration. Help me receive Your gift of calm without guilt."



Step 3: Assemble Your Inhaler

- Place cotton wick on a clean plate
- Add your oil blend, rotating wick to absorb evenly
- Insert wick into inhaler tube
- Secure cap tightly



Step 2: Blend Your Oils

- 5 drops Lavender (primary calming base)
- 3 drops Rose Geranium (emotional balance)
- 2 drops Patchouli (grounding anchor)



Step 4: Your 2-Minute Reset Ritual

When overwhelm hits:

- Find a quiet spot (even the bathroom counts!)
- Hold inhaler just below your nose
- Take 5 slow, deep breaths
- With each breath, pray: "God, I receive Your peace"
- Set one small intention for the next hour



Part 4: Safety Checklist for Beginners

✓ Before You Begin

- Test with one gentle sniff first
- Ensure you're not pregnant or nursing without consulting your doctor
- Keep away from eyes and mucous membranes
- Store in a cool, dry place away from children
- Replace cotton wick every 2–3 weeks for best results

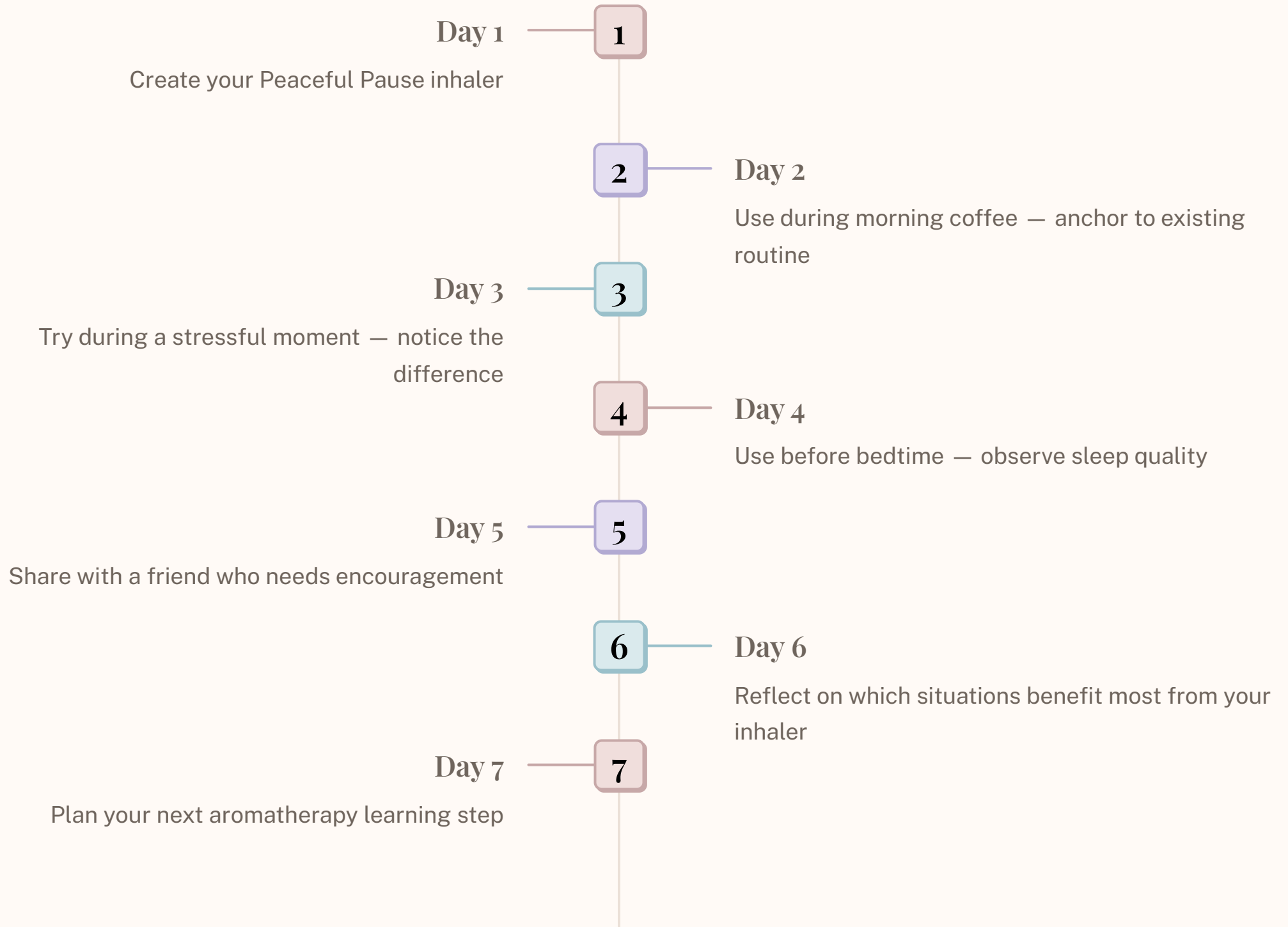
✓ Quality Markers to Look For

- Botanical name listed on bottle (Lavandula angustifolia, not just "Lavender")
- Country of origin included
- Dark glass bottles (amber or cobalt blue)
- Reasonable pricing (if all oils cost the same, be cautious)
- GC/MS testing information available

✓ When to Seek Support

- You experience headaches or nausea from any oil
- Your stress levels don't improve after 2 weeks of consistent use
- You need help with complex health conditions
- You want to learn more advanced aromatherapy techniques

Part 5: Your 7-Day Implementation Plan





💖 Bonus: Scripture Cards for Your Purse

Cut out and carry these with your inhaler:

🌸 Card One

"Cast all your anxiety on him because he cares for you."

— 1 Peter 5:7

Use with your inhaler when worry overwhelms

🌻 Card Two

"The Lord your God is with you, the Mighty Warrior who saves."

— Zephaniah 3:17

Use when you feel alone in your caregiving

🌿 Card Three

"He gives strength to the weary and increases the power of the weak."

— Isaiah 40:29

Use when physical exhaustion hits



Scripture Card One

*"Cast all your anxiety on him
because he cares for you."*

— 1 Peter 5:7



Use with your inhaler when worry overwhelms. Hold your Peaceful Pause inhaler, breathe deeply, and release each worry to Him with every exhale. He cares for you — every single burden, every single moment.



A Moment Just for You

"Be still, and know that I am God."

— Psalm 46:10

Sweet caregiver, in the middle of your giving, your serving, your sacrificing — **you are seen.** You are known. You are deeply loved by the One who never grows weary.

Take this moment. Breathe. Let the fragrance of lavender and rose remind you that **God's care for you is as gentle and constant as a garden in bloom.**



You Are Blooming

Even in hard seasons, flowers find a way to bloom. So do you.



You Are Rooted

Your faith is the root that holds you steady through every storm.



You Are Tended

The Gardener of your soul tends to you with infinite patience and love.



Scripture Card Two

"The Lord your God is with you, the Mighty Warrior who saves."

— Zephaniah 3:17



Use when you feel alone in your caregiving. When the weight feels like too much to carry alone, breathe in your Peaceful Pause blend and remember: the Mighty Warrior walks beside you. You are never, ever alone in this.



The Garden of Your Calling

Caregiving is one of the most sacred callings a woman can answer. Like a garden, it requires **tending, watering, and rest** — not just for those in your care, but for **you, the gardener**.



Water Yourself First

A gardener who never drinks cannot water her garden.
Your self-care is not selfish — it is essential.



Rest Brings Growth

Even the most fruitful garden needs seasons of rest.
God designed rest as part of the growth cycle.



Your Fragrance Matters

Just as flowers fill a room with fragrance, your peace
and joy fill the lives of those you care for.



Deep Roots Hold

Rooted in faith and self-care, you can weather any
storm that caregiving brings your way.



Scripture Card Three

"He gives strength to the weary and increases the power of the weak."

— Isaiah 40:29



Use when physical exhaustion hits. When your body aches and your energy is gone, reach for your inhaler.

Breathe deeply and receive His strength. You don't have to manufacture energy — you only have to receive what He freely gives.



First, Join Your Sister Caregivers!

Before you dive deeper, come connect with other women who understand your journey! Join our **FREE Cherished Caregiver Circle** where you can:

- Share your Peaceful Pause success stories
- Ask questions about essential oil safety
- Get encouragement on tough caregiving days
- Access bonus affirmation cards
- Find your tribe of faith-filled women who "get it"

JOIN THE CHERISHED CAREGIVER CIRCLE — IT'S FREE!

"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17

☀️ Your Next Step: From Survival to Thriving

Congratulations! You've just taken your first step toward guilt-free, biblical self-care. This single inhaler is proof that you can honor God, care for others, AND nurture yourself — all in just 2 minutes.

But what if you could have a complete aromatherapy first aid kit?

Imagine having the perfect blend for:

🌟 Morning Energy That doesn't require another cup of coffee	🌅 Midday Stress Relief That fits in your pocket
🌙 Evening Peace That helps you actually fall asleep	🚑 Emergency Calm For crisis moments
💪 Focus & Clarity For overwhelming decisions	😊 Comfort For grief and difficult seasons

Ready to build your complete "Don't Leave Home Without It" toolkit?

Your Peaceful Pause inhaler is just the beginning. The complete **CHERISH Method™** teaches you to create 6 different sniff sticks, each designed for specific caregiving challenges, all rooted in biblical truth and certified aromatherapy safety.

CLASSES IN THE CHERISHED CAREGIVER CIRCLE WHEN YOU UPGRADE TO PREMIUM/VIP

"She is clothed with strength and dignity; she can laugh at the days to come." — Proverbs 31:25

© 2026 Cherished Aromatic Living

Certified Aromatherapist | Faith-Based Essential Oil Education

❏ *This guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider before using essential oils if you have medical conditions or concerns.*

"She is clothed with strength and dignity; she can laugh at the days to come."

— Proverbs 31:25

