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## Overcoming Frustrations

By **Francoise Rapp**

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Life can be exhaustively frantic when we pressure ourselves to be viewed as successful and accomplished. But this places us under an amazing amount of stress and may lead to frustration if we set unrealistic and unachievable goals.

When we don't reach our aspirations — whether in a career, financially or romantically — our frustrations will materialize into irritability, anger, depression, withdrawal, self criticism and other self-destructive behaviors.

In order to avoid falling into such an unhealthy, endless spiral, it is important to place some distance between you and your frustrations and take a closer look at your life and accomplishments. Indulging yourself through relaxing massages, a nice meal, meditation and other rewards will calm the mind and all frustration-related symptoms. Take a few minutes each day to sit alone and silent and practice using one of the aromatic blends below to help face and eventually eliminate your frustrations.

In a 10-ml bottle, pour the essential and then add organic vegetable oil to fill.

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#### Financial Frustrations

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Use this blend to calm and reassure yourself when you feel particularly tense over financial matters.

-7 drops Basil

-2 drops Roman Chamomile

## Overcoming Frustrations

–3 drops Patchouli

Anoint the solar plexus and sacrum. Pour a few drops of the blend into the palm of your hands and breathe it deeply.

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### Relationship Frustrations

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This blend opens the 2nd and heart charkas to bring emotional comfort when worries and frustrations occur over relationships or love matters.

–2 drops Rose otto

–4 drops Sandalwood

–3 drops Jasmine otto

–4 drops Orange

Anoint the solar plexus, heart and abdomen Pour a few drops of the blend into the palm of your hands and breathe it deeply.

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### Career Frustrations

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Use this blend to boost your willpower and incite necessary action in your career. It supports you in taking the right steps toward the accomplishment of your goals.

–4 drops Bay Leaves

–4 drops Rosemary

–5 drops Cedarwood

Anoint the solar plexus and sacrum. Pour a few drops of the blend into the palm of your hands and breathe it deeply.

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### Self-Indulgence Frustration

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This blend nourishes your soul and spirit while calming your mood. It helps you to be more connected with your Higher Self, enhancing self-love and emotional warmth.

–2 drops Rose otto

–3 drops Ylang Ylang

–3 drops Frankincense

–4 drops Sandalwood

Anoint the heart chakra and solar plexus. Pour a few drops of the blend into the palm of your hands and breathe it deeply. Pour a few drops into your warm bathwater and soak for at least 15 minutes.

In Good Health,  
Francoise Rapp  
<http://www.aromalchemy.com>

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### **Learning Styles**

**By Brenda Townsend Hall**

A discussion is needed about the importance of offering students a range of learning experiences. I always feel aware of learners' frustrations when I watch classes based purely on reading and writing. Yet often learners don't themselves understand these frustrations. For many learners, studying is associated with this method and they don't consciously question it. Yet if teachers gradually introduce other elements into the classroom, you can see learners blossom.

The first step to try is to use pictures to appeal to the visual sense. Even students whose primary learning style is not visual can benefit. The advantage is that the written word with its complexities is not there as a block to understanding. The picture speaks directly to the learner and they can interpret it as they wish. Any written work can come after use of the pictures as a means of reinforcing the message. One exercise I have used repeatedly is to get students to choose three postcards from a pile I scatter on the table. I ask them to associate each picture with an incident in their past, an issue from their present and a hope for the future. They each talk about their pictures and ask for help if they get stuck with a word or a structure.

Using sound-scapes will appeal to students with auditory preferences. Again the sounds are open to interpretation and the students can give free rein to their imagination. Both pictures and sounds act as powerful anchors for the memory too.

Action-oriented lessons will appeal to students who like to involve their whole being in learning, and don't forget that some students will prefer solitary study while others like group activities.

I think it's important for the academic program to have varied activities that can engage many different learning styles so that classrooms are truly dynamic.

Brenda Townsend Hall, a contributing editor to ESLEmployment, is a writer in the fields of English for business, cross-cultural awareness and business communications. Interested in receiving TEFL job listings weekly for free? To learn more visit

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