

ONLY ORIGINAL BACH
FLOWER POTENCY

Rest&Quiet

TEEN FORMULA

NATURAL
PINEAPPLE
FLAVOUR



Traditionally used to calm the mind and relieve mental overactivity in teenagers

7 Bach Flower Remedies | ALCOHOL FREE

This blend may support positive self-esteem, motivation, and confidence in teens!

2 sprays on the tongue, or add to water, as needed

ASPEN	Fearful, experiences nervous tummy or "butterflies".
CHERRY PLUM CRAB APPLE	Impulsive, reckless, nervous, yet afraid. Low self-esteem, body image and self-belief. Sees self as imperfect.
ELM	Overwhelmed by responsibility, friendship & the future.
GENTIAN	Disappointed and easily discouraged after a setback.
LARCH MIMULUS	Lacks courage & confidence, fears failing. Fears things they cannot control, nervous, shy & timid.



Mental overactivity in adolescents aged 12-19

Teenagers commonly experience stress and mental overactivity due to numerous factors. It is a time where **physically** they are growing & developing, **behaviourally** are changing sleep and diet habits, **cognitively** are focusing on school or the future, but their **emotional** changes through all of this is just as important.

During these crucial development years, a teen goes through puberty, needs to choose a career, may be navigating relationships, or may be unsure of who they are and how they fit in the world. This may lead to **stress, mild anxiety, mental overactivity, lack of confidence, poor self-esteem, and little motivation**. It is important to support the **emotional wellbeing** of teenagers so they can execute each day with a moment of calm.

CONFIDENCE



POSITIVE SELF-ESTEEM



MOTIVATION & DRIVE



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ORIGINAL
Bach
POTENCY



ALCOHOL FREE



AUSTRALIAN MADE & OWNED



NOW IN A TEEN FORMULA



GLUTEN FREE & VEGAN



NOT HOMEOPATHICALLY DILUTED

For Healthcare Professional Education. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.

ONLY ORIGINAL BACH
FLOWER POTENCY

Rest&Quiet

kids FORMULA

NATURAL
STRAWBERRY
FLAVOUR



Traditionally used to calm the mind and relieve irritability & restlessness in children

7 Bach Flower Remedies | ALCOHOL FREE

This blend provides relief from feelings of excessive nervous energy and unrest to support a moment of calm for kids!

2 sprays on the tongue, or add to water, as needed

CHERRY PLUM	Restless, sudden outbursts & temper tantrums.
CLEMATIS	Lack of interest, displays boredom, is distracted, or tends to daydream frequently.
IMPATIENS	Agitated, impatient, interrupts parents or others, tends to be irritated easily.
ROCK ROSE	Displays signs of panic, stress, fear, and mild anxiety.
SCLERANTHUS	Indecisiveness & is uncertain with that they need.
VERVAIN	Overactive & overly energetic, which may lead to frequent exhaustion.
WALNUT	Supports the emotional journey of children growing up.



STRESS IN YOUNG CHILDREN (AGED 2-7)

Children at this age tend to not know how to talk about what they are feeling. A child at this age may show emotional stress in physical ways, they may begin thumb sucking, may display frustration in the form of temper tantrums or may complain of their tummy hurting.

STRESS IN OLDER CHILDREN (AGED 7-12)

This age group becomes aware of how they are feeling and may release their stress or fears as anger, moodiness, or irritability.

SIGNS OF BOREDOM



- ✓ FIGETING
- ✓ INTERRUPTING OTHERS
- ✓ ISOLATING THEMSELVES

SIGNS OF ANGER & IRRITABILITY



- ✓ TEMPER TANTRUMS
- ✓ BEING MOODY OR IRRITABLE

SIGNS OF STRESS & NERVOUSNESS



- ✓ UPSET TUMMY
- ✓ CRYING
- ✓ BECOMING OVERLY CLINGY OR SENSITIVE
- ✓ EXPRESSING WORRY
- ✓ RESTLESS SLEEP

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- ✓ ALCOHOL FREE
- ✓ AUSTRALIAN MADE & OWNED
- ✓ SUITABLE FOR CHILDREN FROM 2 YEARS
- ✓ GLUTEN FREE & VEGAN
- ✓ NOT HOMEOPATHICALLY DILUTED
- ✓ NOW IN A KIDS ONLY FORMULA

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