

LAUVENDER PLANT

You are Lavender!

Lavender is associated with healing and calming. As a result, it is used extensively in aromatherapy. While this plant is very tough, it needs full sun and the soil needs to be well drained.

Just like lavender, you have a calming presence to those around you. People may often come to you to vent their problems or ask for advice. Sometimes you might find yourself mulling over other people's problems hours after you talked to them.

Helping others is great but it may be necessary to set boundaries.

- Don't be afraid to say no. A good friend will understand why rather than pressuring you.
- Pretending everything is alright when it isn't, doesn't help anyone. If you're upset, try to put the feeling into words. Write it out if you need to!
- Make it a goal to speak to others respectfully and expect the same in return. Let people know if you are offended by what they say.
- Don't change who you are to please someone.
- Take time for yourself. There's nothing wrong with wanting to be alone sometimes. Self care is important within relationships.

