

Business News



Stress relief: Sarah Brune demonstrates the use of a 'Rescue Remedy' spray to realtor Jacki Teague, who has been distributing the aid to people moving house.

Rescue spray 'helps cut stress of house moving'

**By Philip Round
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Moving house can be one of the most stressful events in anyone's life.

So the idea that there might be a quick way to feel more relaxed and able to cope will be appealing to many in that position.

Local realtor Jacki Teague and Sarah Brune of Inner Harmony Healing believe they have a solution.

Last year Teague, who is with the Coast Realty Group, teamed up with Brune to offer 'stress relief' kits for her clients. These contain pocked-sized Rescue Remedy spray and a variety stress relief tips.

Teague commented: "As a real estate sales person in the Comox Valley since 1993, I have seen stress affect people in many ways.

"Moving, buying, selling, paperwork, changing

addresses, etc. in themselves are stressful. Then add in the fact that many folks are still working full time, caring for family members and pets.

"The results of not diffusing stress early can affect people both medically and financially," she said.

Giving clients a stress relief kit has been one extra piece of support Teague thought she could usefully offer.

She added: "I know this is appreciated by my clients from the letters and cards they send to me after all is said and done.

"One wrote: 'I thought I was at the end of my rope (but) almost immediately after a quick spray, I felt much better. I felt I could cope with whatever came down the line.'"

That client, Teague noted, even said she tried the relief on her dog "with much the same results."

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