

# EMU TRACKS

The emu oil expert since 1996

FREE DELIVERY ON ORDERS OVER \$75\*

## Tips for Coping with Stress during COVID-19

Feeling stressed at a time such as this is normal and appropriate. It's normal to feel sad, stressed, confused, scared or angry during a crisis. Although it might feel like we don't have control of current events, it's important to remember that we can do many things to feel empowered.



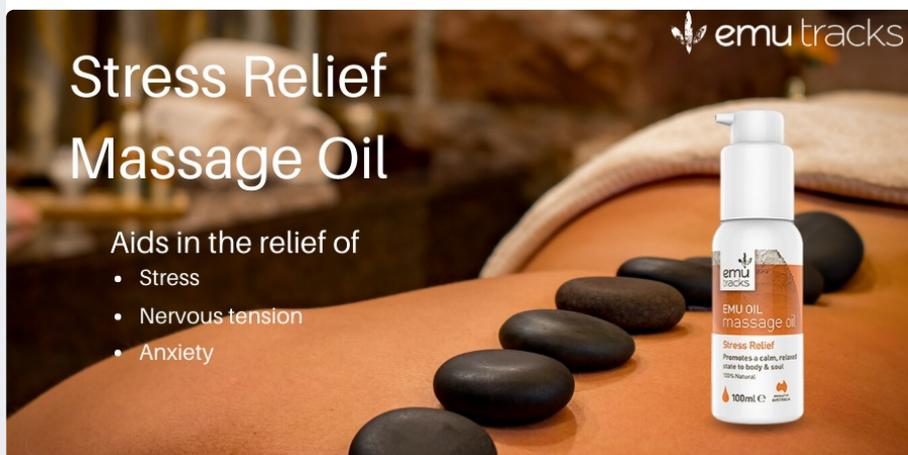
**It's normal to feel sad, stressed, confused, scared or angry during a crisis.** Talking to people you trust can help. Get in touch with your loved ones and connect with them.

**Do things you've done in the past** to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.

**Limit your stress and fear** by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.

**Deal with your emotions in a healthy way.** Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

Shared from [mission-health.org](https://mission-health.org)



## Stress Relief Massage Oil

Aids in the relief of

- Stress
- Nervous tension
- Anxiety

Emu Tracks Stress Relief Massage Oil is 100% Natural. The perfect mix of

effective carrier oils and essential oils provide relief to stress, nervous tension, and mild anxiety.

For tension headaches massage a couple of drops into the temples. Applying a few drops as a spot application to neck, and shoulders relieves tightness and pressure or massage all-over the body to promote a tranquil, relaxed state.

Order online right now to relax your body and calm your mind.  
We will dispatch from Adelaide **within 1 business day (Mon-Fri)**.

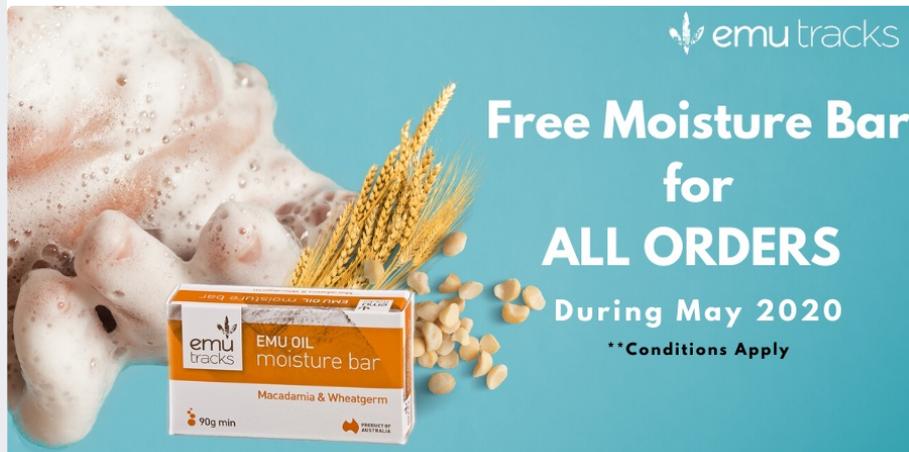
[Shop Now](#)

## Free Moisture Bar with ALL Orders\*\*

**Emu Tracks Macadamia & Wheatgerm Moisture Bar** is free for all orders\*\*.

Hurry up, offer ends 31st May 2020 at midnight!

The free moisture bar will be automatically added to your order\*\*. No code needed.

A promotional banner for Emu Tracks. On the left, there is a close-up of a hand with white foam soap. In the center, a box of 'Emu Tracks EMU OIL moisture bar Macadamia & Wheatgerm' is shown next to some wheat stalks and macadamia nuts. On the right, the text reads 'Free Moisture Bar for ALL ORDERS During May 2020' with the Emu Tracks logo above it and '\*\*Conditions Apply' below. The background is a teal color.

[Order Now](#)

## A moment to relax and feel love

@ Tobias Visuals was lucky enough to witness this beautiful moment of two little penguins standing flipper in flipper, taking in the sparkling lights of Visit Melbourne 's skyline.



Emu Tracks  
18 Commercial Street  
Marleston SA 5033  
info@emutracks.com.au



This email was sent to {{ contact.EMAIL }}

You received this email because you are registered with Emu Tracks

\*Free delivery within Australia ONLY - EXCLUDES eggs, feathers, and leather goods.

\*\*Moisture Bar T&Cs: One free moisture bar will be included in Australian orders only. Excludes trial sizes, lip balms & moisturiser bars. Offer valid until 31.05.2020 unless sold out.

[Unsubscribe here](#)



© 2020 Emu Tracks