

5 HERBAL TEA BLENDS FOR STRESS/ANXIETY

"Find your calm in every cup—5 soothing herbal teas to ease stress and anxiety naturally."

01

Chamomile and Lavender Bliss

- 2 tsp dried chamomile flowers
- 1 tsp dried lavender buds
- Optional: A drizzle of honey for sweetness

A gentle blend to calm your mind and promote restful sleep.



02

Peppermint & Lemon Balm Harmony

- 1 tsp dried peppermint leaves
- 1.5 tsp dried lemon balm leaves
- Optional: A slice of fresh lemon for added zest

Refreshing and uplifting, perfect for relieving mental tension.



03

Holy Basil & Rose Petal Serenity

- 1.5 tsp dried holy basil (tulsi) leaves
- 1 tsp dried rose petals
- Optional: A pinch of cardamom for a fragrant twist

Balances stress hormones and fosters inner peace.

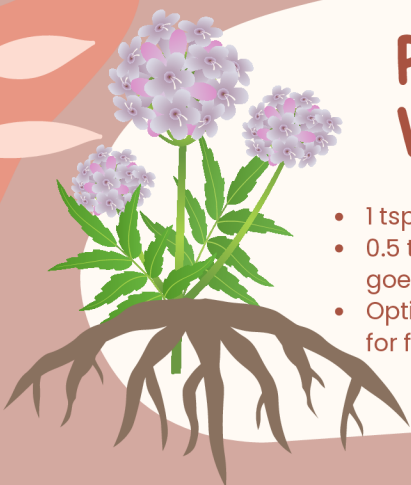


04

Passionflower & Valerian Root Comfort

- 1 tsp dried passionflower
- 0.5 tsp dried valerian root (a little goes a long way)
- Optional: A touch of vanilla extract for flavor

A nighttime tea to relax muscles and quiet your thoughts.



05

Ashwagandha & Cinnamon Resilience

- 1 tsp dried ashwagandha
- 0.5 tsp dried valerian root (a little goes a long way)
- Optional: A touch of vanilla extract for flavor

Adaptogenic and warming, ideal for combating everyday stress.



Instructions for Each Blend

1. Combine the herbs in a tea infuser or teapot.
2. Pour 8 ounces of freshly boiled water over the herbs.
3. Let steep for 5–10 minutes (longer for stronger flavor).
4. Strain and enjoy warm.