


WORKSHEET: CALMING EMOTIONS WITH TEAS AND ESSENTIAL OILS

 Before using any teas or essential oils, always check for possible skin allergies, health conditions, pregnancy risks, and safety around animals.

SECTION 1: TEAS FOR CALMING EMOTIONS

Benefits Overview

Teas can help balance mind and body, reduce stress, and promote focus, mood, and relaxation.

Key Mental Health Benefits:

- Promotes relaxation and reduces anxiety
 - Improves focus and alertness
 - Supports mood balance
 - Enhances sleep quality
 - Reduces symptoms of mild depression
 - Promotes mindfulness and emotional routine
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Reflective Exercise:

1. Which tea(s) do you currently drink most often?

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2. Which teas would you like to try for emotional or mental wellness?

→ _____

3. When during your day could you make tea a calming ritual?

→ _____

Popular Teas & Their Mental Health Benefits

Tea Type	Key Emotional Benefits	Best Time to Drink
Chamomile	Reduces stress, promotes sleep	Evening
Peppermint	Refreshes, relieves tension	After meals

Tea Type	Key Emotional Benefits	Best Time to Drink
Ginger	Lifts mood, increases alertness	Morning/Midday
Rooibos	Reduces cortisol, soothes	Anytime
Green Tea	Enhances focus, calm energy	Morning/Afternoon
Lemon Balm	Calms nerves, improves sleep	Afternoon/Evening
Earl Grey	Reduces anxiety, improves mood	Morning
Lavender	Promotes relaxation and sleep	Evening
Ashwagandha	Lowers stress, balances energy	Afternoon
Saffron	Boosts happiness and optimism	Morning/Evening
Turmeric	Improves mood, reduces anxiety	Morning/Evening
Hibiscus	Lifts mood, reduces stress	Afternoon
Black Tea (e.g. Five Roses)	Improves focus, steady energy	Morning
Dandelion	Clears mind, detox support	Morning/Afternoon
White Tea	Calms focus, reduces stress	Midday

Reflection:

4. Which tea from this list best supports your emotional needs right now?

→ _____

5. How can you turn tea drinking into a mindfulness ritual (e.g., 5 minutes of quiet before sipping)?

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🌸 SECTION 2: ESSENTIAL OILS FOR EMOTIONAL BALANCE

Essential oils are aromatic plant extracts that influence mood through scent and absorption. They can relax, energize, or uplift depending on their composition.

🌿 Key Essential Oils & Emotional Benefits

Essential Oil	Main Emotional Benefits	How to Use
Frankincense	Calms mind, eases overthinking	Diffuse, apply to wrists
Rosemary	Boosts focus, confidence	Diffuse, massage temples
Bergamot	Reduces anxiety, uplifts mood	Diffuse, bath blend
Pine Tree	Refreshes, grounds energy	Diffuse, massage oil
Grapefruit	Energizes, lifts depression	Diffuse, inhale
Lemongrass	Clears mind, boosts optimism	Diffuse, foot bath
Peppermint	Focus & energy boost	Inhale, apply diluted
Tea Tree	Clears mental fog, confidence	Diffuse, inhale
Citronella	Dispels negativity	Diffuse, outdoor spray
Sweet Orange	Promotes joy, creativity	Diffuse, bath
Eucalyptus	Clears thoughts, refreshes	Diffuse, steam
Lavender	Relieves anxiety, aids sleep	Diffuse, pillow spray
Cinnamon	Boosts mood, emotional warmth	Diffuse, diluted topical

Blends for Emotional Support

Goal	Blend Suggestion
Calm & Sleep	Lavender + Frankincense + Bergamot
Focus & Motivation	Rosemary + Peppermint + Lemon
Uplifting Mood	Grapefruit + Sweet Orange + Lemongrass
Grounding & Strength	Pine + Frankincense + Cedarwood

Safety Checklist

- Always dilute essential oils with a carrier oil (e.g., coconut, jojoba).
 - Avoid contact with eyes and mucous membranes.
 - Patch test before use.
 - Not all oils are safe for children, pregnancy, or pets.
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Safe & Unsafe Oils Around Pets

Safe for Pets	Unsafe for Pets
Lavender	Wintergreen
Chamomile	Pennyroyal
Myrrh	Eucalyptus
Frankincense	Cinnamon
Ginger	Pine
Rosemary	Thyme
Bergamot	Tea Tree

Safe for Pets	Unsafe for Pets
	Ylang-Ylang, Anise, Citrus Oils

☛ **Reflection:**

6. Which essential oil scents do you feel most drawn to?

→ _____

7. How could you use essential oils in your self-care routine?

Diffuser Bath Massage Meditation Other: _____

8. What emotional state are you most hoping to support (e.g., calm, focus, happiness)?

→ _____

🌸 **Daily Practice Tracker (Optional)**

Day	Tea I Chose	Oil or Blend I Used	Mood Before	Mood After	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Final Reflection:

How did using teas or essential oils affect your emotional state this week?

→ _____