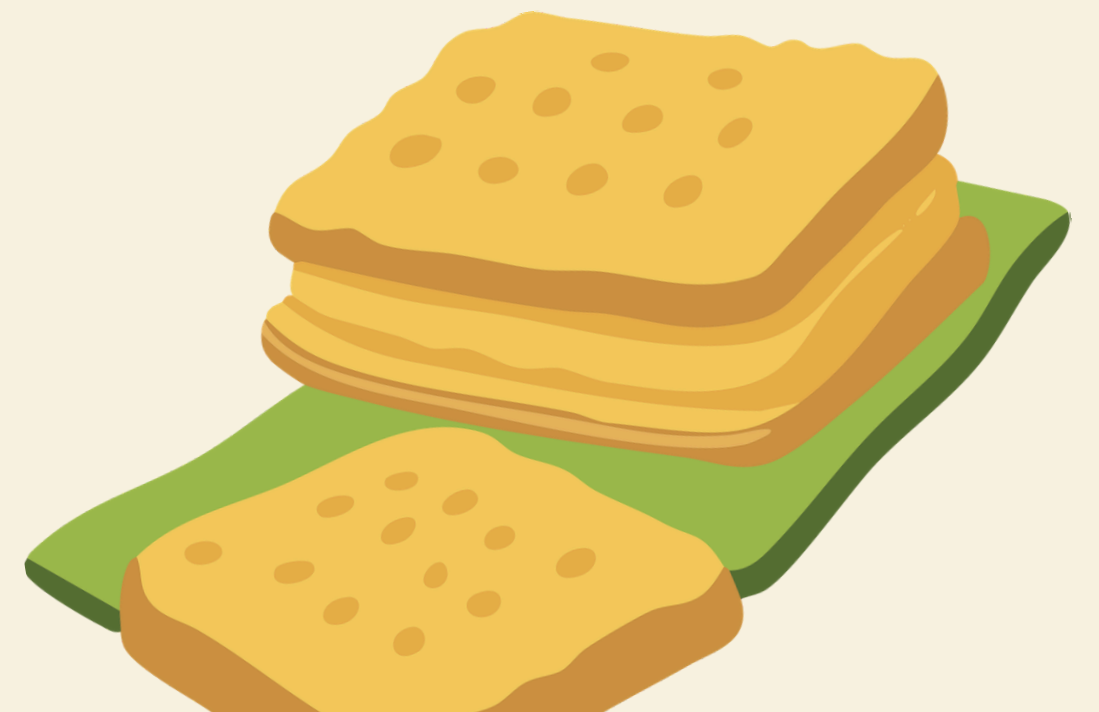




TEA TIME

Simple daily moments

Relax Sip Enjoy



DAILY RITUAL

TEA TIME IS A SIMPLE DAILY RITUAL THAT BRINGS CALM AND COMFORT. PREPARING TEA ALLOWS A SHORT PAUSE FROM ROUTINE, HELPING THE MIND SLOW DOWN. THIS QUIET MOMENT CREATES BALANCE, OFFERING WARMTH, FOCUS, AND A SENSE OF PRESENCE DURING BUSY DAYS.



CULTURAL HABIT



Tea drinking is deeply rooted in many cultures. Tea time represents togetherness, conversation, and hospitality. From homes to small gatherings, sharing tea strengthens social bonds and reflects warmth, respect, and traditions passed through generations.

RELAXATION TIME

A cup of tea helps create relaxation without effort. The aroma, warmth, and gentle taste support emotional comfort. Tea time encourages mindfulness, allowing people to enjoy the moment and release stress naturally.



CREATIVE MOMENTS



Many people enjoy tea time while reading, writing, or thinking. Tea supports creativity by creating a calm environment. These moments often inspire ideas, reflection, and emotional clarity.

SOCIAL CONNECTION

Tea time is often shared with family or friends. Sitting together over tea encourages conversation and listening. It creates a warm atmosphere that strengthens relationships through simple interaction.



Mindful Living



Drinking tea slowly encourages mindful living. Paying attention to taste and warmth helps people stay present. Tea time becomes a gentle reminder to appreciate small, meaningful moments.

EVERYDAY COMFORT



Tea time is a form of everyday comfort. It fits into any time of day and mood. This simple habit offers consistency, calmness, and a sense of home in daily life.



A GENTLE MOMENT TO PAUSE

- **PREPARING TEA GIVES ATTENTION A SIMPLE, PRESENT-MOMENT FOCUS.**
- **A WARM DRINK CAN MAKE A BRIEF REST FEEL INTENTIONAL.**



BENEFITS OF TEAS FOR MENTAL HEALTH

DRINKING HERBAL AND TRADITIONAL TEAS CAN POSITIVELY INFLUENCE EMOTIONAL AND MENTAL WELL BEING. BEYOND THEIR PHYSICAL HEALTH PROPERTIES, MANY TEAS CONTAIN NATURAL COMPOUNDS THAT SUPPORT THE BRAIN, REGULATE MOOD, AND REDUCE STRESS.





CHAMOMILE

Benefits:

- Reduces stress, anxiety, and promotes sleep.
- Eases mild depression symptoms.
- Antibacterial, anti-inflammatory, and liver-protective effects.
- May help improve blood sugar control.
- Soothes digestion—often linked to emotional calm.
- Key compounds: Apigenin (binds to GABA receptors for relaxation).

Best time: Evening or before bed.



PEPPERMINT:

A Refreshing Pause

- REFRESHES THE MIND AND BOOSTS CONCENTRATION.
- EASES TENSION HEADACHES AND FATIGUE.
- HELPS RELIEVE DIGESTIVE DISCOMFORT LINKED TO STRESS.
- CONTAINS ANTIOXIDANT, ANTICANCER, ANTIBACTERIAL, AND ANTIVIRAL PROPERTIES.
- BEST TIME: MIDDAY OR AFTER MEALS.



Ginger



- Made from the root (rhizome) of the ginger plant, this warming and invigorating tea has been used for centuries in both traditional medicine and modern wellness for its energizing, anti-inflammatory, and mood-boosting properties.
- Reduces stress and anxiety: Ginger naturally supports serotonin and dopamine regulation, helping to improve mood and emotional balance. Fights fatigue and mental fog: The stimulating nature of ginger enhances circulation and oxygen flow to the brain, boosting alertness and focus. Improves mood during low energy or seasonal blues: Its warming, uplifting aroma and taste can act as a gentle natural antidepressant. Supports clarity and motivation: Ginger's energizing effect combats lethargy and helps maintain steady energy without caffeine.

ROOIBOS: A GENTLE, CAFFEINE-FREE OPTION.

- Caffeine-free yet uplifting and soothing.
- Helps reduce stress hormone (cortisol) levels.
- Rich in antioxidants supporting brain and heart health.
- Anti-allergy effects.
- May lower blood pressure and cholesterol. o Supports bone health.



GREEN TEA: CALM FOCUS

- Enhances focus, alertness, and calm energy.
- Reduces anxiety and promotes relaxation.
- Supports brain health and may protect against cognitive decline.
- Key compounds: L-theanine (calming amino acid), caffeine (gentle stimulant), and antioxidants (EGCG).
- Best time: Morning or early afternoon.





LEMON BALM

**Calms the nervous system and reduces anxiety.
Enhances mood and supports sleep quality.
May improve cognitive performance under stress.
Key compounds: Rosmarinic acid, flavonoids, terpenes.**

Best time: Afternoon or evening.



EARL GREY

- Made from black tea infused with bergamot oil, which gives it its unique aroma and flavor.
- Contains antioxidants (such as catechins and theaflavins) that help fight free radicals and support overall health.
- Boosts energy and mental alertness due to natural caffeine content.
- May improve digestion and reduce bloating or nausea. □ Promotes heart health by supporting healthy cholesterol levels and circulation.
- The bergamot oil in Earl Grey may help reduce stress, anxiety, and symptoms of mild depression.
- Supports oral health with natural antibacterial properties.
- May enhance immunity and support metabolism.



Ashwagandha:

- **Adaptogenic—helps the body cope with stress.**
- **Improves mood, sleep, and energy regulation.**
- **Reduces anxiety and cortisol levels.**



- Saffron tea is made from the delicate red stigmas of the *Crocus sativus* flower — often called “sunshine spice” for its vivid color and uplifting effects. Though precious, even a few threads steeped in hot water create a golden tea that supports happiness, calmness, and mental balance.
- Elevates mood and reduces depression symptoms: Clinical studies have shown saffron to be as effective as some antidepressant medications for mild to moderate depression. It increases levels of serotonin, dopamine, and norepinephrine — the brain’s “feel-good” neurotransmitters. Reduces anxiety and irritability: Promotes a sense of calm and emotional stability without sedation. Enhances focus and motivation: Supports cognitive function and memory while reducing mental fatigue. Promotes relaxation and optimism.

Saffron



Hibiscus:

A Bright, Caffeine-Free Pause

- **Hibiscus tea is brewed from the dried petals of the Hibiscus sabdariffa flower, offering a tangy, cranberry-like flavor and a deep red color. It's rich in antioxidants and vitamin C, supporting both body and mind. Often associated with joy, renewal, and heart health, hibiscus tea promotes emotional clarity and relaxation.**



BLACK TEA: A STEADY LIFT

- Black tea is fully oxidized leaves from the *Camellia sinensis* plant, giving it a rich flavor and dark color. It's known for its stimulating yet steady energy, mental clarity, and mood-enhancing effects. Varieties include Assam, Darjeeling, Ceylon, English Breakfast, and Earl Grey.



MATCHA: FOCUS WITH CAFFEINE



- Matcha is powdered green tea and contains caffeine.
- It also contains L-theanine, which may shape the experience of alertness.
- Contains tea antioxidants; avoid late-day servings if caffeine disrupts sleep.



CHOOSE TEA WITH YOUR NEEDS IN MIND

- For daytime alertness, consider how caffeine affects you.
- For an evening pause, try a caffeine-free option.
- Notice how your mood, sleep, and comfort respond.



MAKE YOUR NEXT CUP A MINDFUL ONE

- Choose a tea that fits the moment .
- Take a few quiet minutes to notice its aroma and warmth.
- Let a comforting ritual be one small part of caring for yourself.

