

eteaket

LEAF TEA EXPERTS

MENTAL
HEALTH
AWARENESS
WEEK

#TEAINMIND

WWW.ETEAKET.CO.UK
@ETEAKET

MONDAY

18 MAY 2020

Chocolate Abyss
(any black tea)
TEA

Earth element,
overwhelm, slow
down & re-evaluate.
TEA IN MIND

Box Breathing
3 MIN TEA ROUTINE

TUESDAY

19 MAY 2020

Orange Oolong
Supreme (any oolong)
TEA

Metal element,
saddness, you have
the ability to turn
chaos into order.
Yield, relax & forgive.
TEA IN MIND

Think about 3 things
you're grateful for.
3 MIN TEA ROUTINE

WEDNESDAY

20 MAY 2020

Blooming Marvellous
(any green tea)
TEA

Fire element,
adventurous, stay
balanced so you have
enough energy to
light your path.
TEA IN MIND

Think about 3 things
to put on your bucket
list
3 MIN TEA ROUTINE

THURSDAY

21 MAY 2020

White Peach
(any white tea)
TEA

Wood element,
irritated, you're
strong & able to
weather a storm for
new beginnings.
TEA IN MIND

Close your eyes for 3
mins and just be still
3 MIN TEA ROUTINE

FRIDAY

22 MAY 2020

Cranberry Apple Riot
(any fruit/herbal)
TEA

Water element,
anxiety, life's the
journey not the
destination.
Communication &
fluidity create
positive change.
TEA IN MIND

Define a potential
source of anxiety &
plan a solution
3 MIN TEA ROUTINE