



# Tea & tea in mind

Your 3 minute tea routines, empowering you to free your mind so that you can thrive...

All info is based on lifestyle tips, we do not make any health or scientific claims.

## UNWIND & UPLIFT

You have the ability to be centred, connected & grounded, practise self-care & rebalance...

While your tea is brewing, think about 3 things in your life that you feel grateful for.



This may be linked to your lungs & large intestine...  
If you crave something spicy...  
Drink oolong tea to rebalance

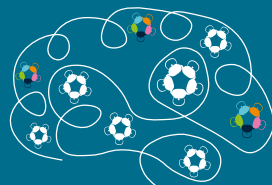
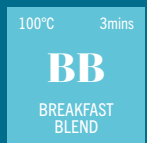
If you crave something sweet...  
This may be linked to your stomach & spleen...  
Drink black tea to rebalance



You have the ability to change the course of a day with focus & intention.

While your tea is brewing, inhale for 5 seconds & exhale slowly. Repeat.

A few suggested teas! Although you can drink any Black tea...



# tea in mind

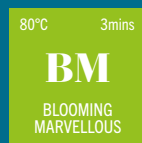
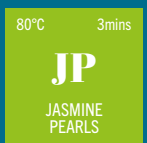
## BOOST & ENERGISE

Boost your mental energy & joy by setting exciting future goals & stepping stones to work towards.

While your tea is brewing, write or chat about 3 goals you want to achieve this month.



A few suggested teas! Although you can drink any Green tea...



### The elements

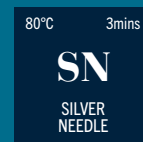
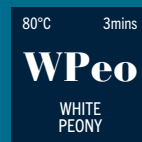
The elements of Earth, Wood, Water, Fire & Metal are thought to be strongly connected to our emotions. Too much fire can risk a burn out. 'Tea in Mind' is all about rebalancing & taking a small moment each day whilst your tea is brewing to think about yourself, your well-being & the balance of being present in your thoughts.

## ALERT & RELAXED



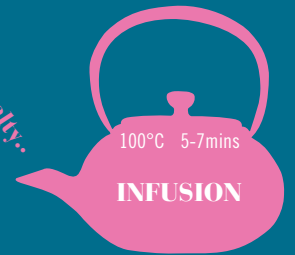
You are strong & have the ability to weather a storm for new beginnings...

While your tea is brewing, write or discuss an alternative perspective to a challenge you may be facing.



## CLEANSE & CALM

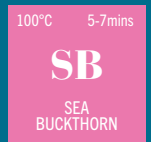
This may be linked to your kidneys & bladder...  
If you crave something salty...  
Drink herbal, fruit or rooibos tea



Life is the journey, not the destination. Communication & fluidity create positive change...

While your tea is brewing, define a potential source of anxiety for you & plan your solution.

Suggested teas! You can drink any Herbal, Fruit or Rooibos tea...



### Moon phases



The moon phases have an effect on the earth, & therefore it is thought they are also a largely overlooked in connection to the state of wellbeing. It is thought that the moon has an effect on our emotions depending on its position.

There are dedicated tea types suggested to drink during these phases each month to rebalance.