



Day 4: Nurturing Your Body and Mind

Welcome to Day 4 of TeaRelief! You're halfway through your journey, and today's focus is on nurturing both your body and mind. When we care for our mental and emotional health, we amplify our body's ability to heal and find relief from pain.

MORNING RITUAL: MINDFUL MOVEMENT

This morning, let's integrate mindful movement into your routine.

Take a short walk outside, focusing on the sensations in your body as you move. Feel the ground beneath your feet, the air on your skin, and the rhythm of your breath.

Moving mindfully helps to release tension in your back and promotes a deeper connection between your mind and body.

TEA OF THE DAY: HOLY BASIL-LAVENDER CALM



Today's tea is a calming blend of holy basil (also known as tulsi) and lavender.

Holy basil is revered in traditional medicine for its ability to reduce stress, support the immune system, and fight inflammation. Lavender, with its soothing aroma, helps to calm the nervous system and reduce tension, making this tea a perfect choice for nurturing both your body and mind.

Recipe: Holy Basil-Lavender Calm

Ingredients:

- 1 tablespoon of dried holy basil leaves (or 1 holy basil tea bag)
- 1 teaspoon of dried lavender flowers
- 1 teaspoon of honey (optional, for sweetness)
- 2 cups of water

Instructions:

1. Bring 2 cups of water to a boil.
2. Remove from heat and add the holy basil and lavender.
3. Cover and let it steep for 5-7 minutes.
4. Strain the tea into a cup.
5. Stir in honey (if using).
6. Sip slowly, allowing the calming effects to wash over you, easing both your mind and any discomfort in your back.

Evening Reflection: Fostering Emotional Well-being

As you close out your day, take some time to reflect on your emotional well-being. How have you felt emotionally over the past few days? Has the practice of drinking tea and incorporating mindfulness brought you more peace? Write down your thoughts, focusing on any positive shifts you've noticed. Remember, nurturing your emotional health is a vital part of your overall healing process.

Tomorrow, we'll explore another healing tea blend that will continue to support your journey toward relief. You're doing wonderfully—keep nurturing yourself, and I'll see you in the

morning.

With warmth,

Dr. Monica