



Day 2: Deepening Your Soothing Practice

Welcome to Day 2 of TeaRelief! You've taken the first step towards natural relief, and now we're going to build on that progress. Today's focus is on deepening your soothing practice, both through the tea you drink and the mindful moments you incorporate into your day.

TEA OF THE DAY: CHAMOMILE-MINT SOOTHER



Today's tea is the *Chamomile-Mint Soother*, a calming blend that combines the gentle relaxation of chamomile with the refreshing touch of mint. Together, they create a perfect harmony for unwinding and restoring balance, making this blend ideal for a moment of peace and tranquility.

Ingredients:

- 1 tablespoon of dried chamomile flowers (or 1 chamomile tea bag)
- A handful of fresh mint leaves (or 1 teaspoon of dried mint)
- 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 chamomile and mint.
3. Cover and let it steep for 5-7 minutes.
4. Strain the tea into a cup.
5. Stir in honey (if using).
6. Drink it warm, letting the soothing warmth and calming flavors relax your body and mind.

Evening Reflection: Cultivating Gratitude

As you close out your day, take a moment to reflect on what you're grateful for. Gratitude has a powerful effect on our overall well-being, and by focusing on the positive aspects of your day, you can foster a healthy mindset. Write down three things you're grateful for today, no matter how small.

Tomorrow, we'll continue to explore the powers of tea, with a focus on another blend. You're doing wonderfully—keep up the great work, and I'll see you in the morning!

With care,

Dr. Monica