

STRESS RELIEF & MOOD SUPPORT

“Cast all your anxiety
on Him because
He cares for you.”

— 1 Peter 5:7 (NIV)

Bubbie's Daily Cup of Tea

LEMON BALM CHAMOMILE LAVENDER TEA

A calming, uplifting blend to help
reduce stress, quiet the mind and
bring a sense of peace and balance
to your day!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 1 Tbsp dried lemon balm leaves
- 1 Tbsp dried chamomile flowers
- 1 tsp dried lavender flowers
- 1 lemon, sliced
- 1-2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
 - 2 Add lemon balm, chamomile and lavender.
 - 3 Reduce heat and simmer for 5-10 minutes.
 - 4 Remove from heat and add lemon slices.
 - 5 Strain into cups.
 - 6 Sweeten with honey if desired.
- Sip slowly, breathe deeply and enjoy!

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Bubbie's TEA TIP

Enjoy this tea anytime you need
a little calm. It's perfect in the evening
to help you unwind, ease a busy mind
and support a restful night's sleep.
A warm cup can be a gentle reminder
that peace is always within reach.

GOOD TO KNOW

Lemon balm may help reduce stress and
promote a positive mood. Chamomile is
traditionally used to calm the mind and
support sleep. Lavender is known for its
relaxing properties and may help
ease tension and restlessness.

Source: NIH – Lemon Balm; Chamomile; Lavender;
Mayo Clinic – Herbal Tea for Stress & Sleep Support