

Calm
Minds
Happier
Days
♡



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♡ BRIGHTER DAYS

Good
Herbs
Good
Mood
♡

Sometimes
the most productive
thing you can do
is relax.
♡

LAVENDER and a Calmer Mind

A 2020 systematic review and meta-analysis of 15 randomized controlled trials found that lavender (*Lavandula angustifolia*) may help reduce anxiety, improve sleep quality, and support a calmer mood, with significant benefits compared to placebo.

Promising short-term evidence

- May help reduce anxiety and stress
- May improve sleep quality
- Supports a calmer, more relaxed mood
- May help promote overall well-being

Evidence quality was rated moderate;
more large, high-quality studies are needed
to confirm long-term benefits.

Bible Verse

"Come to Me,
all you who are weary
and burdened,
and I will give you rest."

Matthew 11:28 (NIV)

Herbal
Moments
Happier
Days
♡

BUBBIE'S Herbal Tea Recipe *Relax & Restore Lavender Tea*

INGREDIENTS

- 2 cups water
- 1–2 tsp dried lavender flowers
- 1 tsp honey (optional)
- Slice of lemon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add lavender flowers, cover and steep 5–10 minutes.
3. Strain, add honey and lemon if desired.
4. Sip slowly and enjoy a calmer, brighter you!

Herbs
Create
Happier
Days
♡



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