

TEAS FOR STRESS RELIEF



Chamomile Tea

A tea made with chamomile flowers. It has gentle notes of apple, with a mellow, honey-like sweetness in the cup. Chamomile tea is known to help mentally and physically. It alleviates anxiety and reduces stress. It is recommended to drink at night as it helps to improve sleep quality, helping you wake up rested and refreshed.



Lemon Balm Tea

An herb from the mint family, lemon balm tea is made with dried lemon balm leaves. The leaves are native to parts of Europe, Iran and Central Asia. It is often used to improve mood and decrease stress levels. Best to have at bedtime because of its calming effect.



Lavender Tea

A calming herbal tea made from fresh or dried lavender flowers buds steeped in hot water. A sweetly aromatic drink with a clear floral taste. It soothes headaches and migraines, reduces stress and improves sleep. Curl up in bed with a cup of lavender tea to take full advantage of its benefits.



Matcha Tea

Finely ground powder of grown and processed green tea leaves which are traditionally consumed in East Asia and produced in Japan. It is made by whisking the leaves in hot water. It produces an energized and focused state and helps reduce stress levels. A good drink to have in morning or afternoon to take advantage of the increased energy matcha offers.



Peppermint Tea

An herbal tea made by infusing peppermint leaves in hot water. It can also be made with spearmint leaves.

With its calming and numbing effect, it can help relieve headaches and migraines, improves you sleep and act as a destressing agent. It also boosts your energy. Can have in afternoon to boost your mood and before bed to relax.



Passionflower Tea

Passionflower tea has a mild taste, you will find it in many herbal tea blends. It has a long history of being used to help with anxiety & reducing stress, making you feel calmer. It has also shown to be great at reliving inflammation and improving sleep quality. The best time to consume this tea is at nighttime to help your body wind down from the day.



For a full list of on-campus & online activities, see the What's On At Griffith website or socials

griffith.edu.au/whats-on/recharge-week

[f whatsonatgriffith](#) | [@ whatsonatgriffith](#) | [#whatsonatgriffith](#)

 **Recharge Week** 

