

Mindful Cup of Tea

A simple exercise that turns an everyday experience into a mindful experience.

A Mindful Cup of Tea ☕

How often do we pop the kettle on, make a quick cuppa, and rush straight back to our to-do list task? A mindful cup of tea has no magical ingredients — it's the simple ritual of slowing down and being intentional through each step of the process.

- If possible, choose a fragrant loose-leaf tea. Take a moment to smell the leaves and imagine where they may have grown — the sunlight warming them, the rain nurturing them.
- As you fill the kettle and it boils, consider the journey of water that sustains life, including these very leaves.
- If you grow your own herbs, wander into the garden — mint, spearmint, or lemon myrtle are lovely choices, pick your herbs, and take a deep, grounding breath.
- Select your favourite cup — maybe even the good China. Pour the boiling water and let the tea steep for about four minutes. As it brews, allow your mind to wander, reflect on the fragrance, the whisps of steam, and breathe a little slower.
- Find a quiet spot — ideally somewhere outdoors — and sip oh so slowly. This simple ritual helps your heart and breath, find a steadier rhythm, sending a gentle message to your brain that it's safe to wind down, even just a little. Our brains and bodies are not designed to be 'on' continuously. The simple act of slowing with intent, with practise can make a difference.

