Tea for Anxiety and Stress

From the teas.co.uk wiki

> **Tea for anxiety and stress, in short:** the ritual genuinely helps, and chamomile, lemon balm and green tea's L-theanine can each soften a tense day a little. The flip side matters just as much: too much caffeine can fuel anxiety, so go gentle or caffeine-free.

Last reviewed by the teas.co.uk team in May 2026.

Making and sipping a warm cup is a simple, low-effort way to slow down. Chamomile and lemon balm soothe, and green tea's L-theanine promotes a relaxed alertness. The key caveat: caffeine can make anxiety worse, so know your limit.

The cups for unwinding

- **Chamomile.** Traditionally used to ease tension, with some evidence in generalised anxiety. See Wikipedia: chamomile.
- **Lemon balm.** Gently soothing, often blended for relaxation.
- **Green tea (L-theanine).** L-theanine encourages composed focus and softens caffeine's edge. See Wikipedia: theanine.

The caffeine caveat

Caffeine is a stimulant, and for many anxious people it worsens a racing heart and jittery feeling. If that is you, lean on caffeine-free herbals, or stick to green tea where L-theanine balances the caffeine. Strong black tea or coffee on an empty stomach is the combination to avoid.

Why the ritual itself helps

Pausing to boil the kettle, warm the pot and sit with a cup is a small, repeatable moment of peace. That break is part of the benefit, not a side note.

At a glance

Tea	To settle the nerves
Chamomile	Soothing; some anxiety evidence

Tea	To settle the nerves
Lemon balm	Gently relaxing
Green tea	L-theanine settles nerves; balanced caffeine
Strong black / coffee	Caffeine can worsen anxiety

FAQ

Best tea for anxiety? Chamomile or lemon balm; green tea if you want gentle alertness.

Can caffeine cause anxiety? It can worsen it for many people; cut back if you are sensitive.

Does tea treat anxiety? No. It is a steadying ritual that supports, but does not replace, proper care.

This is general information, not medical or mental-health advice. If anxiety or stress is affecting your daily life, talk to your GP. For urgent support, the Samaritans are on 116 123.

FROM THE CURATOR

teas · A quiet cup is a habit, not a purchase. Pick one caffeine-free blend you like and keep it where you can see it.

Sources

- Wikipedia: chamomile
- Wikipedia: theanine

Part of: Tea for Sleep & Relaxation

- Tea for sleep and relaxation (overview)
- Tea for sleep
- Tea for focus

Related reading

- Chamomile tea
- Green tea
- Caffeine-free teas

Shop teas for unwinding: chamomile, green tea, the herbal & fruit range, or the full tea shop (free UK postage over £35).

More from the tea wiki

- Green tea

- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

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