

Tea for Anxiety and Stress

From the Teas.co.uk wiki

Tea for anxiety and stress, in short: the calming ritual is real, and chamomile, lemon balm and the L-theanine in green tea all help take the edge off. The flip side matters just as much: too much caffeine can fuel anxiety, so go gentle or caffeine-free.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for Anxiety and Stress. Canonical: <https://teas.co.uk/wiki/tea-for-anxiety/>*

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

Making and sipping a warm cup is a genuine, low-effort calming ritual. 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 calming cups

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The calming cups, Tea for Anxiety and Stress. Canonical: <https://teas.co.uk/wiki/tea-for-anxiety/>*

- **Chamomile.** Traditionally calming, with some evidence in generalised anxiety. See [Wikipedia: chamomile](#).
- **Lemon balm.** Gently soothing, often blended for relaxation.
- **Green tea (L-theanine).** L-theanine encourages calm 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 calm. That break is part of the benefit, not a side note.

At a glance

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Tea	For calm
Chamomile	Soothing; some anxiety evidence
Lemon balm	Gently relaxing
Green tea	L-theanine calm; 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 calming 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 calm 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 & Calm

- [Tea for sleep and calm \(overview\)](#)
- [Tea for sleep](#)
- [Tea for focus](#)

Related reading

- [Chamomile tea](#)
- [Green tea](#)
- [Caffeine-free teas](#)

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

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