



Brewing Connections:

TEA TRANQUILITY

by Sara Veith



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SUNY New Paltz BFA GD Thesis 2024

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TEA TRANQUILITY

A zine by Sara Veith

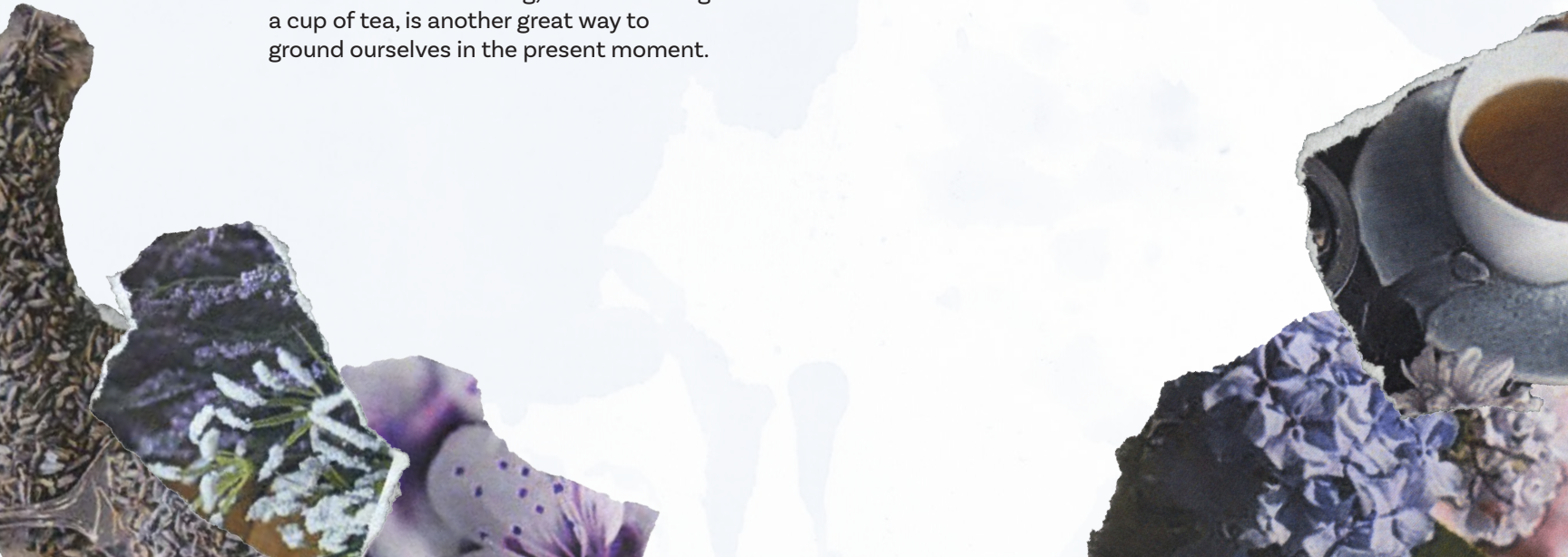
This zine is a step-by-step guide to help you be mindful and meditate while making a cup of tea. Feel free to use this whenever you are overwhelmed or stressed.

Practicing mindfulness is a great way to help deal with stress, anxiety, and depression. However, mindfulness doesn't always come easy to people. People may struggle to sit down and meditate without losing focus, or they simply may not have the time or motivation to slow down in the middle of the day.

While most people associate mindfulness with meditation, mindfulness can be so much more than that. Mindfulness means focusing on the present moment by paying attention to your senses. Focusing our senses on something, such as making a cup of tea, is another great way to ground ourselves in the present moment.

Personally, I, like many others, drink tea to help with my anxiety. There is something very calming about making yourself a cup of tea, watching the tea slowly steep, and change color. Since many other students and young adults are stressed out of their minds, I would like to share a step-by-step mindful tea practice with you.

This practice uses loose-leaf tea so you can watch the tea leaves move, however, you can still use a tea bag if you don't have any loose leaf tea. Feel free to use this practice whenever you like.



Start by putting some water into a pot and wait for it to boil.

While the water begins to heat up, get a mug or teacup, a strainer, and choose a loose-leaf tea.

Think about why you are choosing your tea.



When the water is hot enough, turn off the heat and drop a spoonful of your tea blend into the pot of water.

As the tea begins to steep, pay attention to how the leaves move in the water.



Watch how the leaves slowly uncurl and open up over time.

Pay attention to the wisps of color coming from the leaves.

Ask yourself...

How quickly is the tea changing the
color of the water?

What does this color
remind you of?

What does the
tea smell like?

What does the smell remind you of?

How do these memories make you feel?



Once the tea is done steeping, put your strainer over your cup and pour the tea over the strainer until the cup is full.

Feel free to add some sweetener or milk and stir.

stir

stir

stir

stir

stir

stir

stir

stir

stir



Look at how the water moves and how the spoon feels at the bottom of the cup.

Pay attention to what direction you stir the spoon and how quickly you stir it.



Sit down somewhere by a window,
take a deep breath, and take your first
sip of your tea.

Ask yourself...

What does it taste like?

Is it strong enough?

Is it sweet enough?

Is it too hot or just warm enough?

Continue to focus your senses
on the tea as you slowly drink it.



Feel free to let your attention wander for a moment.

Pay attention to the environment
outside your window.

Listen to the sound of the
raindrops hitting the ground.

Listen to the birds singing by
the tree in your backyard.

Listen to the cars drive
past your driveway.

Remind yourself that it is okay
to take things slow.

It is okay to take a moment
to relax and recover.

It is okay to prioritize
yourself and your needs.



And, most importantly...

**It is okay to enjoy the view and the
warm cup of tea in your hands.**

