

# 8 Minute Digital Detox with Tea

Take 8 minutes during working hours to create a sense of ritual and add purpose to your day. Quiet the mind and focus inward, deepening the senses and tapping into each moment as your tea steeps.

## TAP OUT OF TECH



**UNPLUG** from all electronics and digital distractions (mobile phones, computers, tables, etc.)



**CREATE** a ritual of making and savoring a cup of tea.

# 8

Just 8 minutes of purpose-driven mindfulness can create powerful results, such as:

ELEVATING YOUR MOOD  
INCREASED ALERTNESS  
FOCUSING YOUR THOUGHTS  
LOWERING STRESS LEVELS

**THE NUMBER 8** is historically known as a number of good fortune, symbolizing unity and infinite prosperity.

## 5 STEP RITUAL

## TAP IN WITH TEA



Hear the steam,  
Listen to the pour...



Watch the steep,  
See the leaves unfurl...



Hold the cup,  
Feel the warmth...



Smell the brew,  
Sense the aroma...

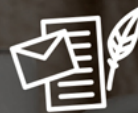


Taste your tea,  
Sip and enjoy...

## OTHER ACTIVITIES WHILE YOUR TEA IS STEEPING



Go outdoors;  
Take a walk...



Write a letter;  
Express gratitude...



Light exercise;  
Clear your mind...

## WHY TEA?

### TEA BODY

For centuries, people have used tea for its adaptogen-like qualities to cleanse the body. Research studies indicate that there are antioxidants called catechins that help prevent cancer, and polyphenols that aid in digestion and burning calories.



### TEA MIND

Tea also contains theanine which has been shown to reduce the anxiety causing effects of caffeine stimulation, helping you to focus and deepen your senses.



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