



The Calm Desk Kit

①Herbs.to.Keep.You.Grounded.at.Work

By.Herbs.Natura

A simple guide to bring clarity, calm, and vitality into your workday with nature's gentle plant allies.

Introduction

This is your Calm Desk Kit — a short guide to support your workday with the healing power of plants. These 5 herbs are desk-friendly, easy to use, and perfect for those moments when the pressure builds and your energy drops.

Ashwagandha

Why: Reduces stress and anxiety, supports long-term energy.

How to use: 1–2 capsules in the morning or powdered in a smoothie.

Tip: Great for busy leaders or high-stress roles.

Affiliate link: <https://amzn.to/44laQAZ>

Tulsi (Holy Basil)

Why: Adaptogen that calms the nervous system.

How to use: Brew as a tea during your mid-morning break.

Tip: Keep Tulsi tea bags in your desk drawer.

Affiliate link: <https://amzn.to/4nKDTNb>

Lemon Balm

Why: Promotes calm focus without sedation.

How to use: A few drops of tincture before meetings.

Tip: Add to water for a refreshing emotional reset.

Affiliate link: <https://amzn.to/46pKHd1>

Ginkgo Biloba

Why: Supports memory, focus, and blood flow to the brain.

How to use: Capsule or tincture in the early afternoon.

Tip: Ideal before deep-focus tasks or presentations.

Affiliate link: <https://amzn.to/3GyHbCu>

Rhodiola Rosea

Why: Boosts resilience and mental stamina.

How to use: Morning capsule or tea.

Tip: Use sparingly if you're very sensitive to stimulants.

Affiliate link: <https://amzn.to/40QCydH>

Bonus: Your Mini Desk Ritual

- Brew tea or drop tincture into water
- Close your eyes
- Breathe in for 4... hold for 4... out for 6
- Say silently: 'I return to my center.'

Final Tip

You don't need a forest retreat to restore yourself. Your breath, a plant ally, and a few calm moments are enough.

Visit us at: www.herbsnatura.com

© Herbs Natura