



# Calm From Within

A Natural Guide to Easing Stress & Anxiety



MonarchHerbs.com

# Welcome

Life can pull us in a dozen directions at once. Stress and anxiety show up in our minds, our bodies, and even our sleep — but nature gives us tools to soften the edges and help us breathe again.

At Monarch Herbs, every remedy is handcrafted with intention. This guide shares simple, natural ways to soothe stress, nourish the nervous system, and create daily calm.

You deserve peace. You deserve balance. You deserve to feel like yourself again.

Let's begin.





# Understanding Stress Through an Herbal Lens

Stress isn't just emotional — it's physiological.

Stress can disrupt:

- the nervous system
- the adrenal glands
- digestion & absorption
- sleep-wake cycles
- emotional processing

Herbs work by:

- ♥ calming overstimulated nerves
- ♥ restoring depleted adrenal energy
- ♥ easing muscle tension
- ♥ lifting emotional heaviness
- ♥ promoting deep, restful sleep

# How Stress Affects the Body

Why stress creates a domino effect of symptoms  
Stress begins in the brain — but it never stays there.

Here's how it cascades through the body:

## 1. The Nervous System

When the brain perceives stress, the sympathetic nervous system activates (“fight or flight”).

This leads to:

- tension
- restlessness
- irritability
- racing thoughts
- inability to relax

## 2. The Adrenals + Cortisol

Your adrenal glands release cortisol and adrenaline.

Short-term = useful

Long-term = burnout

Chronic elevation leads to:

- fatigue
- anxiety
- hormone imbalance
- weight gain
- poor sleep



## How Stress Affects the Body, continued..

### 3. Digestion

Under stress, digestion shuts down.

This can cause:

- bloating
- constipation
- reflux
- nausea
- poor nutrient absorption
- blood sugar swings



### 4. Sleep & Mood

High cortisol disrupts melatonin, serotonin, and GABA — the chemicals that help you calm down.

This creates:

- insomnia
- low mood
- irritability
- emotional overwhelm

### 5. Heart & Circulation

Stress increases heart rate, blood pressure, and inflammation.

### Why this matters:

When stress becomes chronic, it can look like anxiety, digestive issues, fatigue, irritability, headaches — or all of them at once.

This is why calming herbs + adrenal support work so well together: they soothe the system AND restore balance.



# Herbs for Calming the Mind

## **Lemon Balm**

Uplifts mood, eases restlessness, calms racing thoughts.

## **Skullcap**

Releases physical tension and quiets mental overstimulation.

## **Chamomile**

Supports digestion + relaxation via the gut-brain connection.

## **Passionflower**

Stops circular thinking, soothes overwhelm, promotes sleep.

## **Oatstraw**

Nourishes frazzled nerves and emotional overwhelm.

## **Holy Basil (Tulsi)**

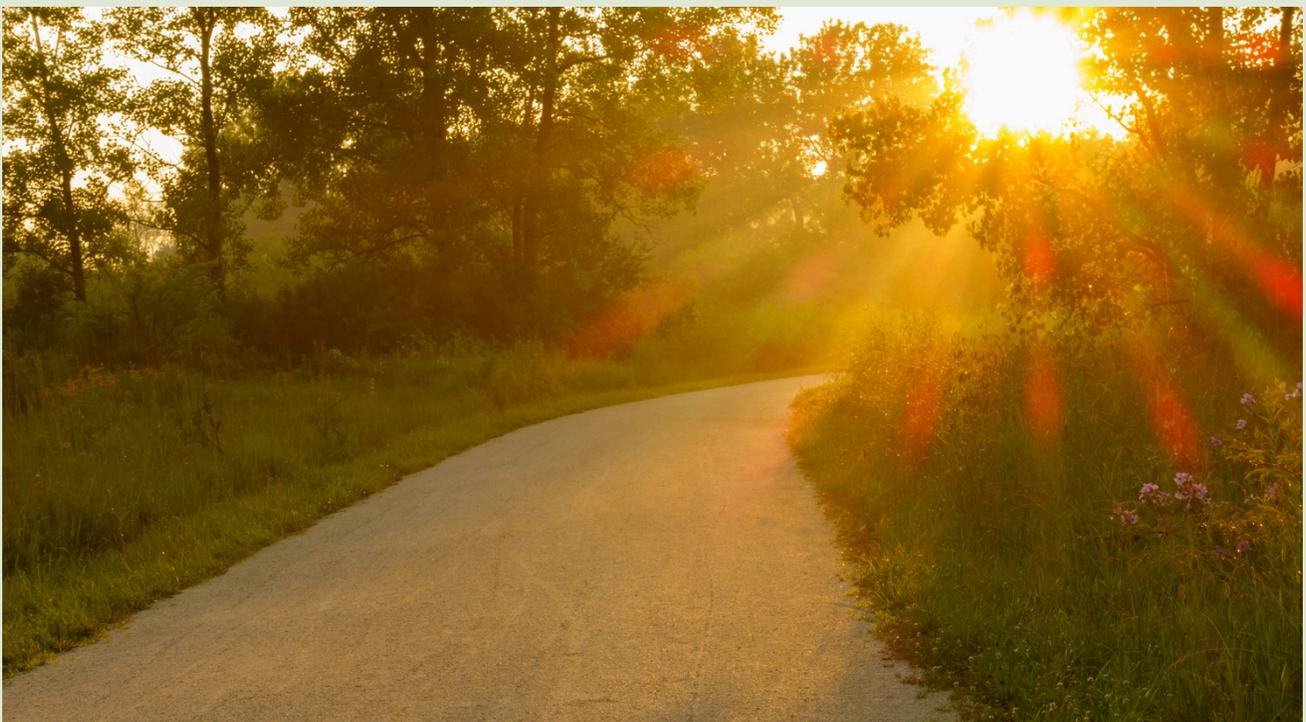
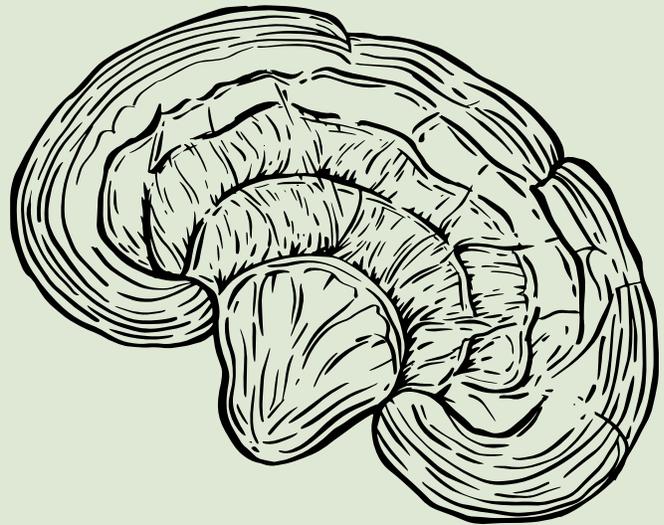
Balances cortisol and supports emotional regulation.



# Supporting the Adrenal Glands

For burnout, exhaustion, overwhelm, and chronic stress, your adrenals are the batteries of your body — producing cortisol, adrenaline, and managing stress load. When they're overworked, symptoms may include:

- fatigue
- irritability
- sugar or salt cravings
- anxiety
- insomnia
- low motivation



# Herbs for Supporting the Adrenals

## **Ashwagandha**

A grounding adaptogen that lowers cortisol, supports sleep, and reduces anxious tension.

## **Rhodiola**

Uplifting adaptogen that improves focus, motivation, and stress resilience. Great for “wired but tired.”

## **Reishi Mushroom**

Calms the nervous system, nourishes the adrenals, and supports emotional balance.

## **Oatstraw**

Deeply restorative; rebuilds the nervous system in cases of long-term burnout.

## **Schisandra Berry**

Enhances resilience, supports stamina, and steadies mood swings.

## **Eleuthero (Siberian Ginseng)**

A classic adaptogen for stress endurance, energy, and immune support.

# Daily Rituals for Peace

## ☀️ Morning Reset Ritual

- Brew Chillax Tea
- Deep breath in for 4, out for 6
- Set an intention for gentle energy

## 🌿 Midday Grounding Ritual

- Step outside
- Relax shoulders + jaw
- Sip water/herbal tea

## 🌙 Evening Wind-Down Ritual

- Aura Tea or smoking blend
- Dim lights
- Stretch or journal
- Take Zen Calm Extract

Small habits = big shifts over time.



# Monarch Herbs' Remedies for Stress



## ✨ **Zen Calm Extract**

For tension, insomnia, racing thoughts, emotional overwhelm.

## ☕ **Chillax Tea**

For unwinding, stress reduction, improved sleep, and calm digestion.

## 🌙 **Aura Tea**

For emotional grounding, burnout recovery, mood balance.

## 🌿 **Herbal Smoking Blends**

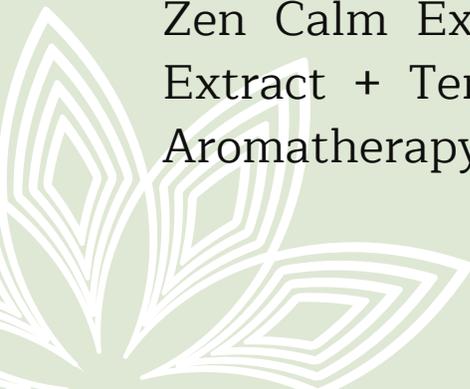
Nicotine-free, calming, grounding plant rituals.

## 🌿 **Re-Claim Bath Salts**

Wash away the stress in a soothing herbal bath

## 💛 **Stress Relief Wellness Bundle**

Zen Calm Extract + Chillax Tea + Aura Tea + Snooze Extract + Tension Tamer Magnesium Spray + Tranquil Aromatherapy Inhaler



# Calming Recipes

## ☕ Peaceful Night Tea Latte

Chillax Tea, hot water, honey (optional cinnamon).  
Or choose any of the above herbs and steep 2-4 tsp. in  
1 cup of hot water for 5 minutes. Cool & drink.

## 🌫 Herbal Steam for Instant Calm

Hot water + chamomile or lavender essential oil.  
Breathe deeply.

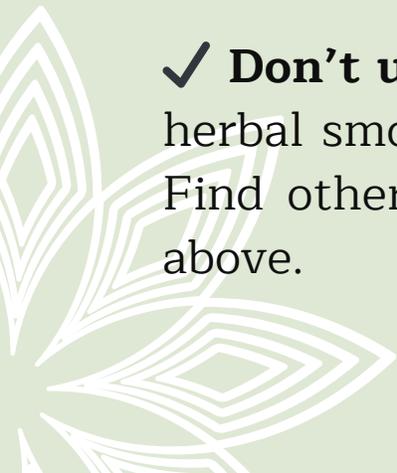
## 🔥 Grounding Smoke Ritual

Slow inhales + intentional exhale:  
“I release what I cannot control.”



# Lifestyle Tips for Stress Relief



- ✓ **Keep blood sugar steady** - eat less carbs and walk after meals.
  - ✓ **Hydrate well** - juicy fruits and water to hydrate cells.
  - ✓ **Eat magnesium-rich foods** - cacao, leafy greens & pumpkin seeds are good sources of magnesium.
  - ✓ **Reduce evening screen time** - start a new craft, read a book or practice yoga.
  - ✓ **Daily movement (gentle)** - never underestimate a 10 minute walk. It resets your mind and nervous system.
  - ✓ **Breathwork during overwhelm** - try box breathing: inhale for 7 seconds, hold for 7 seconds, exhale for 7 seconds and hold again for 7 seconds. Repeat for 10 rounds.
  - ✓ **Don't use nicotine/vaping**—worsens anxiety. Try our herbal smoking blends to help step down from smoking. Find other ways to reduce anxiety such as those listed above.
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# When to Seek Extra Support

Consider professional support if you experience:

- panic attacks
- insomnia disrupting life
- overwhelming sadness
- anxiety that prevents daily functioning
- thoughts of self-harm

Herbs are powerful, but you don't need to walk alone.



# About Monarch Herbs

Founded from a passion for helping families feel better naturally, Monarch Herbs crafts more than 250 herbal remedies — teas, tinctures, salves, smoking blends, pet formulas, and more — all made in small batches with love.

Your wellness is always our priority.



Enjoy 10% Off Your First Order  
Use code: CALM10

“Wishing you peace, balance, and brighter days.”