

# INGREDIENTS— ANTI-BURNOUT INFUSION

KETTLE MODE ACTIVATED



**1 tsp chamomille**  
(or 1 bag of calming tea)  
To disable looping  
thoughts



**1 lemon slice**  
To clarify, not  
pour piquer



**1 tsp honey**  
So the day passes  
more smoothly  
than expected



**A few dried lavender  
flowers (supreme  
zen option)**



**200 ml hot water**  
Not boiling, not icy,  
Just warm enough to  
melt what's stuck

# ANTI-BURNOUT INFUSION

## KETTLE MODE ACTIVED

A drink that listens, even when you don't know how you feel.

### ÉTAPE 1

Boil your water.  
but not your  
workload.

Pour ~  
200 ml  
hot water  
(simmering  
you're not  
on a Zoom a renion Zoom).



### ÉTAPE 2 Chamomile (or relaxing tea

Pour ~200 ml  
of relaxing tea  
Cover and let  
steep for 5  
minutes.



It now takes over.  
It now takes over

### ÉTAPE 3 Boil 1 tsp hot wornter,

Slip 1 thin  
lemon slice  
into the  
water,  
It's there to clarify, not sting.



### ÉTAPE 4 Add 1 tsp honey

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honey tor ague)  
To sweeten  
what has not  
yet digested.



ÉTAPE 5 A zen option:  
dried lavender flowers  
or a mint leaf, if you want  
extra zen.

"It's not just a tea."

