How Chamomile Reduces Stress

You already know that chamomile can be excellent for your overall health, helping with things like gut health, upset stomach, and insomnia. It is also really great for reducing your stress. Here are some things to know about using chamomile to help reduce your stress levels.

**Chamomile Helps You Sleep Better**

It is a known fact that stress and insomnia go hand in hand. When you have trouble sleeping, it causes a lot of stress, while being stressed out can keep you from sleeping properly. This starts a rather vicious circle that is really hard to get out. One way chamomile helps you reduce your stress level is by actually helping you sleep a little better. It isn’t going to erase all the other causes of your stress, but when you get a good night’s sleep, it can make a world of difference.

**You Can Get Into a Calming State**

Chamomile is also great at putting you into a relaxing, calming state. The unique properties of chamomile have the ability to put your central nervous system into a type of sedation. It doesn’t stop the nervous system to working as if you were unconscious, but what it does is make it calmer and more relaxed. This is why when you drink chamomile tea in the evening, you suddenly feel your entire body relax and all those thoughts racing in your mind start settling down to where you can handle them a little better.

**Your Stress is Reduced Through Chamomile Tea**

While there are different ways to administer chamomile herbs in order to benefit from them, for stress, they are often most effective in a tea. This is because when you drink the tea, the warm drink itself can also be soothing, in addition to the stress relief benefits of the chamomile. Drinking the tea can help you get tired and sleep better, is often good when you are winding down at the end of a long day, and provides a healthier drink option than soda or sugary fruit juice. You can use tea bags or add chamomile blossoms to a tea pot with boiling water.

**You Can Ease Physical Stress**

Don’t forget that while chamomile is great for mental and emotional stress, it can also be helpful when you are struggling with physical stress. For example, you might be having muscle spasms, body pains, or muscle cramps that are actually affecting the rest of your body. A little bit of chamomile in your bath or drinking some chamomile tea can help with this.