

# Sara Chana's Herbs to the Rescue: *Moods Edition*

We experience things deeply in our hearts that sometimes get us all moody. We get mad, sad, frustrated, agitated, irate, or grumpy even about the smallest things! What is a woman to do?

A great tool for controlling this whirlwind of moods? An arsenal of herbs that help handle life's stressors.

Herbs have been helpful to women for thousands of years. They are safe, easy to use, and inexpensive. Herbs come in a tea, capsule, or tincture form. For me, taking the herb in the tincture (or liquid) form is the most effective and efficient method for moms who are juggling work and home life.



## HERBS FOR MOODINESS

The following are some of my favorite herbs for moodiness. These herbs can be taken separately, or you can experiment by mixing a few of them together in the same cup. The usual dosage is 25-35 drops, taken three times daily, diluted in water or grape juice:



### Skullcap

This herb helps with nervous agitation. Take this if you feel easily agitated, have butterflies in your stomach, or feel generally nervous.



### Rose

This flower can make you feel generally contented and happy. It also helps to heal a broken heart and find calm after trauma and emotional upheaval.



## Mimosa Bark

This can bring joy to your heart and make you feel happier. Note that Mimosa does not make you feel 'high.' It just helps you discover the joy in your life so that you don't wallow in sadness.



## Motherwort

This helps with hormonal moodiness. When you feel that no matter what happens, you will still be moody and grumpy, this herb is for you.



## Lavender

If you feel stuck in your sadness, this herb is your friend. When taken over a few weeks, it can help lift your spirits and get you out of your funk.



## Holy Basil

This is useful for mental fog, menopausal anxiety, and SAD depression. It'll help guide you back to being at your best.



## Rosemary

This fragrant herb is beneficial in circulating blood to the brain. It helps with symptoms of brain fog and depression. You can take it in tea form or inhale it as an essential oil.

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