



## If I Drank Tea

If I drank tea, I most certainly would have written this well ahead of the deadline.

I know it's true, because so many of those lovely people who speak to you of writing - from a beautifully curated but not trying too hard space - say the cup of tea is a key part of their ritual. They seem so calm, so gently focused, so free from distractions.

Sure, the fairy lights and candles help, but it's the cup of tea, isn't it?

Is it the same tea, do you think, that the mindfulness people drink? I've meditated for years, but not with tea, not before or after. Would that change everything?

Perhaps if I were a tea drinker, or better yet a tea sipper, I would sip - write - think - write - sip. It would go on for as long as the tea stayed warm. Or maybe I would be lost in the writing and thinking, and the tea would get cold. What a wonderful thought.

But I don't really like tea.

By Kate McEnroe