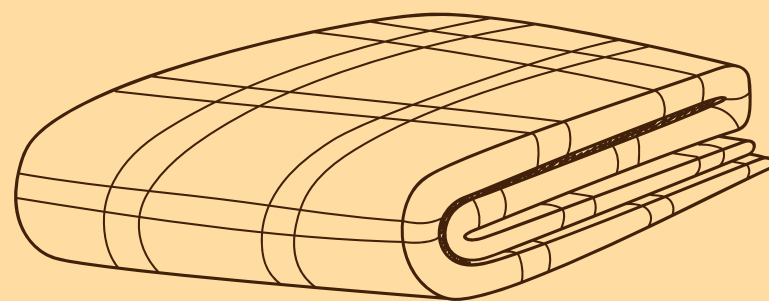


Soothe with the 5 Senses

Collect some items when you are feeling calm and keep them handy for moments of stress

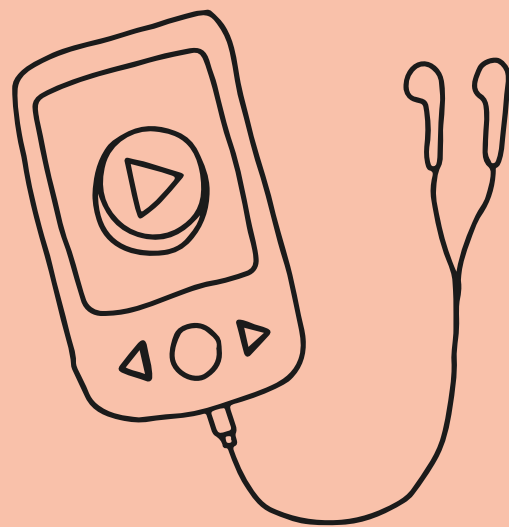
Touch

- Pet your cat or dog
- Splash cold water on your face
- Stand in the grass barefoot
- Put clean sheets on the bed
- Put lotion on your skin
- Squeeze a stress ball



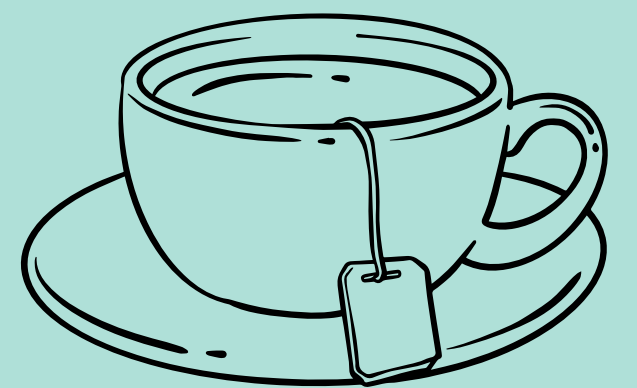
Sound

- Play calming or uplifting music
- Listen to white noise or nature sounds
- Play a guided meditation



Taste

- Have a peppermint
- Chew gum
- Make a cup of tea
- Eat something slowly



Smell

- Smell flowers
- Boil cinnamon
- Light a scented candle
- Stand outside and breathe fresh air



Sight

- Light a candle and observe the flame
- Watch a nature video
- Look at a beautiful photo or art

