

Calming

Stress & Anxiety

Sensory System Relaxation

TOUCH



- Hug someone you love
- Snuggle with your pet
- Cozy up to fresh clean sheets or a blanket
- Wear soft, breathable clothes
- Choose a hands-on hobby

SMELL



- Bake something healthy
- Simmer water with cinnamon sticks, cloves and allspice
- Put on lotion or a perfume
- Pick fresh flowers
- Use aromatherapy in a diffuser

HEARING



- Listen to your favorite music
- Call a loved one
- Listen to ambient sounds
- Listen to an audiobook
- Focus on sounds of nature when you're on a walk

SIGHT



- Hang photos that make you happy
- Take a scenic drive
- Stargaze
- Draw a picture of your favorite place
- Watch a funny movie

TASTE



- Start a recipe exchange: challenge a friend to make a healthy meal and swap recipes
- Eat a piece of dark chocolate
- Cook with fresh herbs
- Eat with a healthy purpose