

Use your 5 senses to calm the chaos!



VISION

- Books, magazines or news articles
- Movies or video clips
- Photo albums and past videos
- Scenery
- Visualise something happy



TOUCH

- Stress ball
- Yoga or pilates
- Massage
- Musical instruments
- Soft toy
- Stroke your pet
- Draw or write



SMELL

- Scented candles
- A cup of freshly brewed drink such as coffee or tea
- Outdoor smells
- Deep breathing
- Bake



HEAR

- Outdoor sounds
- Music
- Radio programs
- Relaxation audio recordings
- Meditation audio guides



TASTE

- Chocolate
- Candy
- Cup of cold water
- Have a balanced meal in silence

RELIEVING STRESS IS AS EASY AS EVERYTHING YOU HAVE BEEN DOING!