

Stress Management Strategies

Mindful Activities/Eating/Drinking

Be present with whatever is in front of you, while focusing on your senses. Ask yourself, “In this moment, what do I see? What do I hear? What do I feel? What do I smell? What do I taste?”

Experiment with different activities to find out what works best for you. Self-soothing activities involving each sense include:

Sense of Smell:

- Smell a scented candle or perfume
- Take a walk and smell the outdoor smells
- Buy fresh-cut flowers or visit a garden
- Bake/Cook your favorite meal or snack

Sense of Vision:

- Look at pictures of people and animals you love
- Look at paintings or photographs you find relaxing
- Go to a place that’s visually soothing (i.e., park, museum, chapel)
- Find a relaxing sensory video on your phone (i.e., YouTube)

Sense of Hearing:

- Listen to soothing music, a sound machine, or your favorite podcast
- Take a walk and listen to the sounds of nature
- Listen to a guided meditation (check out the Insight Timer app or CALM)

Sense of Taste (savor each sip/bite):

- Enjoy your favorite comfort food
- Drink something soothing (i.e., tea, coffee, hot chocolate)
- Enjoy hard candy or gum

Sense of Touch:

- Take a bubble bath with scented oils
- Enjoy a shower using your favorite soap/shower gel
- Get a massage
- Play with a pet
- Wear your favorite comfortable clothes
- Carry something in your pocket that is comforting (i.e., something with sentimental value, comfort heart, or something you like to touch).