

# STRESS MANAGEMENT STRATEGIES

## Use self-soothing

You can soothe yourself through your five senses. 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, a Scentsy, or perfume
- Take a walk and smell the outdoor smells
- Buy fresh-cut flowers or visit a garden
- Bake chocolate chip cookies (or anything that smells yummy!)

### ***Sense of Vision:***

- Look at picture 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)

### ***Sense of Hearing:***

- Listen to soothing music
- Listen to 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)
- Listen to a noise machine*

### ***Sense of Taste:***

- Enjoy your favorite comfort food – eat slowly & savor it
- 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).