

# 5 Senses

## To Help Manage Stress

1



### Sight

Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.

2



### Smell

Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.

3



### Taste

Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.

4



### Touch

Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft clothing.

5



### Sound

Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite song.