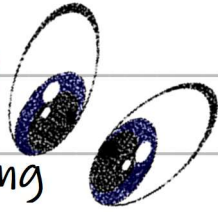


Sight



- Low Lighting
- Soothing Colors
- Sleeping Mask
- Coloring Books
- Collages
- ASMR videos



Touch

- Cuddle Something Soft
- Fidget Toys
- Hot/Cold Shower
- Heated/Weighted Blanket
- Massage
- Squeeze A Stress Ball

SELF-CARE

How to make yourself feel better

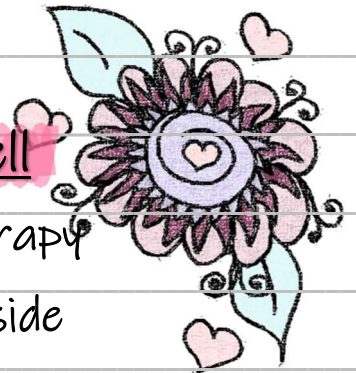


Sound

- Calming Noise
- Headphones
- Nature Sounds
- Binaural Beats
- Guided Meditation
- Music Playlists

Smell

- Aromatherapy
- Time Outside
- Candles/Incense
- Flowers
- Fresh Air
- Find a Smell Special To You



Taste

- Favorite Food
- Eat Slowly
- Warm Drink
- Strong Flavor
- Something Healthy
- Nostalgic Flavors

