

WAYS TO TOLERATE AND REDUCE DISTRESS

Use Your 5 Senses to Self-Sooth

SMELL

Light an incense stick, put on perfume, apply your favorite lotion, or smell flowers



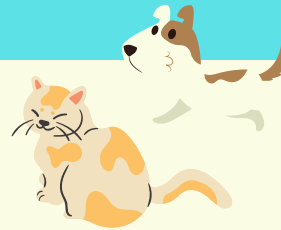
SIGHT

Look at the blue sky, picture your favorite vacation place, or light a candle



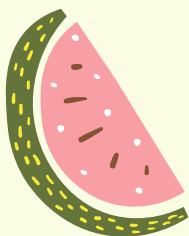
TOUCH

Seek a comforting touch: wrap yourself in your favorite blanket, pet your dog, squeeze a stress ball, or even take a shower



TASTE

Eat your comfort food: have a favorite snack, sip warm tea, or chew gum



HEARING

Listen to music, play an instrument, take in the sounds around you, or listen to nature



Be mindful
Enjoy the moment
Immerse in the experience