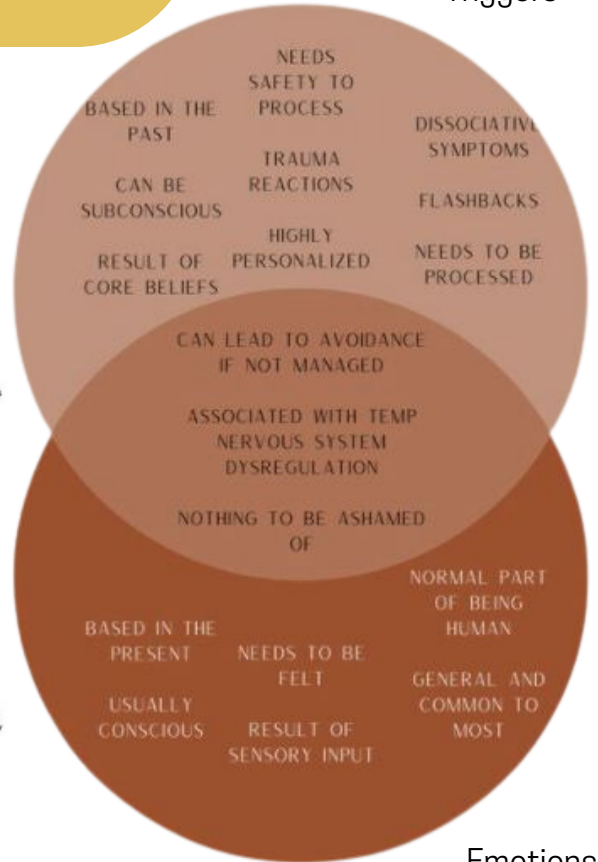


Helpful Tips

types of smudge



Triggers



Examples of Self-soothing using the 5 senses



Sound:

Listen to soothing music, have a conversation with someone who cares, listen to an online meditation exercise



Sight:

Look at pictures that bring up good memories, take a walk and enjoy your surroundings, look up places you want to see online or in a travel magazine



Taste:

Cook and taste your favorite meal, chew a piece of gum, make some green/herbal tea



Touch:

Pet your dog/cat, give someone you care about a hug, carry around a small stress ball or soft trinket to squeeze, take a bubble bath



Smell:

Light a candle (your favorite scent), sit outside and take in the fresh air, buy some fresh flowers

Emotions



"when you doubt your power, you give power to your doubt."

psychologytoday.com
positivepsychology.com
youtube.com/healingvibrations