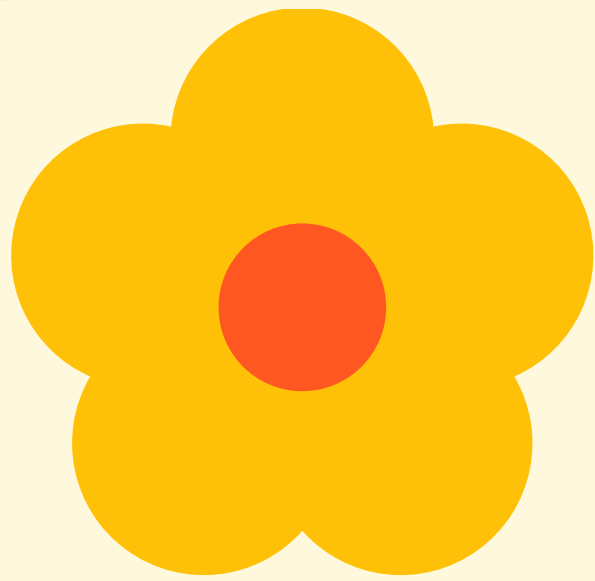


USE YOUR 5 SENSES TO HELP MANAGE STRESS



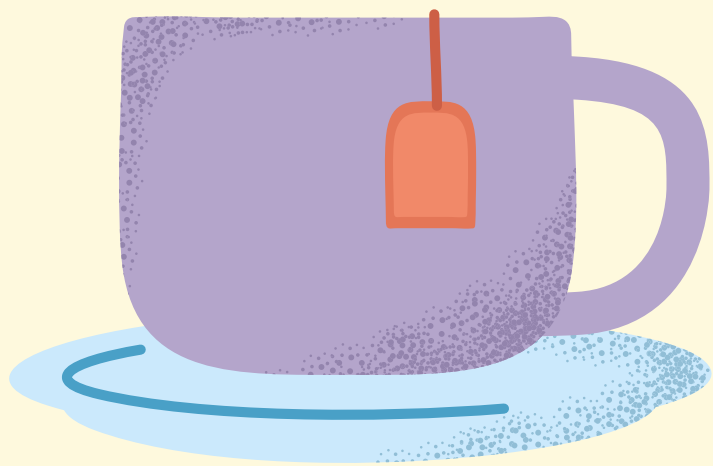
SIGHT

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



SMELL

Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle to de-stress.



TASTE

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



TOUCH

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



SOUND

Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music.