

SELF - SOOTHING TECHNIQUES

Calm Anxiety & Stress

SIGHT

- Hang up **old photos**.
- Draw a picture of your favorite place.
- Start a **gratitude list**.
- Make a **themed collage**.
- **Stargaze**.
- Take a drive.

SMELL

- Bake **sweet bread**.
- Put on lotion.
- Make **freshly brewed** coffee.
- Buy fresh flowers.
- Light an **aromatherapy candle**.
- Use a diffuser.

TASTE

- Try a **tea subscription** box.
- Make a home-cooked meal.
- Eat dark chocolate.
- Chew gum.
- Use **fresh herbs** while cooking.
- Eat **mindfully**.

TOUCH

- Cozy up in **freshly clean sheets**.
- Snuggle with your pet.
- Give yourself a **massage**.
- Try **restorative yoga**.
- Wear soft fabric.
- Give yourself a **hug**.

HEARING

- Listen to **ambient sounds**.
- Call up someone you love.
- Get lost in **music**.
- Vlogs, ASMR, Podcasts.
- Listen to an **audiobook**.
- Recite positive affirmations.

*Click for
More Self-
Soothing
Techniques!*

Soothing And Stress

M Lipman



Soothing And Stress:

Unveiling the Magic of Words: A Overview of "**Soothing And Stress**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Soothing And Stress**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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