# SELF-SOOTHING TECHNIQUES

## Calm Anxiety & Stress

## SIGHT

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

#### SMELL

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

## TASTE

- Try a tea subscription box.
- Make a home-cooked meal.
- Eat dark chocolate.
- Chew gum.
- Use <u>fresh herbs</u> 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 <u>ambient</u> <u>sounds.</u>
- Call up someone you love.
- Get lost in music.
- Vlogs, ASMR, Podcasts.
- Listen to an audiobook.
- Recite positive affirmations.

Clickfor

More Self-

Soothing

Techniques!

## **Soothing And Stress**

**Ying-Ying Zheng** 

**Soothing And Stress:** 

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Soothing And Stress** 

In a world inundated with screens and the cacophony of fast conversation, the profound power and emotional resonance of verbal beauty usually fade in to obscurity, eclipsed by the constant barrage of noise and distractions. However, nestled within the musical pages of **Soothing And Stress**, a captivating work of fictional splendor that pulses with organic emotions, lies an unforgettable journey waiting to be embarked upon. Published with a virtuoso wordsmith, this exciting opus manuals visitors on a psychological odyssey, lightly revealing the latent possible and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is central styles, dissect their interesting writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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