

5 senses self-care

SIGHT

- Try low lighting or candles at night.
- Open curtains and shades for natural light.
- Place pictures, plants, and other things that bring you comfort around your space.

TOUCH

- Try taking a hot/cold shower.
- Massage sore areas of your body.
- Run your hands along different plants, trees, and grass.

SOUND

- Try listening to a guided meditation.
- Turn on calming music.
- Turn off all distractions and listen to the sounds of nature.

SMELL

- Try aromatherapy.
- Get out for fresh air.
- Try new scents.

TASTE

- Try nostalgic flavors.
- Eat slowly and without distraction.
- Eat strong flavors.

Do you ever find yourself feeling "off" but you can't quite figure out what is going on? Take some time to get your brain and body back in alignment. Practice self-care that reintegrates our five senses.