

Be a Stress-Busting Detective!



Discover and Use the Quick Stress Relief Techniques that Work for YOU

The Power of the Senses

The best way to reduce stress is through your SENSES

- Sight
- Sound
- Smell
- Taste
- Touch
- Movement





BUT everyone responds differently to sensory input. Become a stress-busting detective to find out what is soothing for YOU!

Your Stress Response


Do you rev up or shut down when you feel stressed?


If you rev up,

 you tend to feel angry, agitated, or keyed up.


 Try activities that will help you quiet down.


If you shut down,

 you tend to feel depressed, withdrawn, or spaced out.

 Try activities that stimulate and energize you.

If you rev up and shut down,

 you tend to freeze, speeding up in some ways while slowing down in others.

 Try activities that provide both stimulation and safety to help you "reboot."

Effective Stress Relief



Stress relief techniques are different for everyone. Look for techniques that:

- Both relax and energize you
- Have an immediate impact on your stress
- Are enjoyable and make you feel good
- Work consistently for you
- Are always available or easily accessible



SIGHT

If you're a visual person, try surrounding yourself with soothing and uplifting images.

You can also try closing your eyes and imagining these images.



Ideas to try:

- Look at a favorite photo or memento
- Get outside and enjoy nature
- Close your eyes and visualize a place that feels calming



SOUND

Experiment with different sounds, noting how your body and mind react.



Ideas to try:

- Sing or hum a favorite tune
- Listen to different kinds of music
- Step outside and listen to the sound of nature
- Listen to a recording of crashing waves or wind rustling in the trees



SMELL

Different kinds of smells also impact your body and mind differently. Some are calming and some are energizing.



Ideas to try:

- Light a scented candle or burn some incense
- Breathe in the smell of freshly brewed coffee or tea
- Enjoy the air outside, especially as you get closer to nature



TASTE

Slowly savoring a treat can be relaxing. Mindless eating will add to your stress. Eat slowly, focus on the feel of the food in your mouth and the taste on your tongue.



Ideas to try:

- Drink a refreshing, cold beverage or a hot cup of tea or coffee
- Chew a piece of gum
- Enjoy a healthy, crunchy snack



TOUCH

Experiment with your sense of touch, playing with different tactile sensations.



Ideas to try:

- Wrap yourself in a heavy blanket
- Pet a dog or cat
- Give yourself a hand or neck massage



MOVEMENT

If you tend to shut down under stress, stress-relieving activities that get you up and moving may be particularly helpful. Anything that engages the muscles or gets you up and active can work.



Ideas to try:

- Go for a short walk or jog
- Run or jump in place
- Do a few quick stretches

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Try It Out!

1

SITUATION

Describe the situation that made you feel stressed. Did your reaction to the situation contribute to your stress?

2

FEELINGS

How did the situation make you feel emotionally and physically (e.g. sick to your stomach, jaw tension)?

3

SENSORY ACTIVITY

Describe the sensory activity you tried.

4

NEW FEELINGS

How did you feel afterwards?
Emotionally? Physically?

5

RATE IT

On a scale of 1 to 10, how well did the activity work for you? Did you feel immediately better or not?