

## 5 ways to Manage Stress

Your senses are a powerful tool to reduce stress.  
Use this card to find what keeps you grounded and feeling calm.

### Touch

What texture soothes you?

### Taste

What are your favorite flavors?

### Sound

What song, sound, or noise is calming to you?

### Smell

What smells comfort you?

### Sight

Do you have a memory that makes you happy?

# My Stress Relief

Write down 5 things that help you feel calm.

**Touch**

**Taste**

**Sound**

**Smell**

**Sight**

MID-VALLEY  
Suicide  
Prevention  
Coalition

