

Comfort & Serenity



Get Comfortable

Use a blanket, sweater, or another comfortable layer to help you feel warm and supported.



Listen to Gentle Background Sound

Play soft music, white noise, or another steady background sound at a comfortable volume.



Choose Calming Content

Spend a few minutes reading, listening to, or watching something calm and low-key without doing other things at the same time.



Hold a Warm Drink

Hold a warm drink and notice the warmth and weight of the cup in your hands.