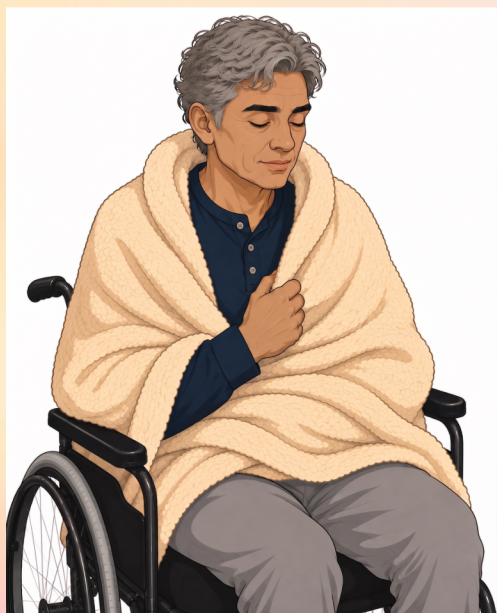


Comfort & Serenity



Get Comfortable with a Blanket or Layer

Use a blanket, sweater, shawl, or other comfortable layer to feel warm and supported.



Listen to Gentle Background Sounds

Play soft music, nature sounds, or another gentle background sound at a comfortable volume.



Spend Time with Something Calming

Spend a few minutes reading, listening to something, or watching something that feels calm and easy to follow. Keep other distractions to a minimum.



Hold a Warm Drink

If comfortable and safe, hold a warm drink in both hands or rest it securely in front of you. Notice the warmth of the cup.