

Comfort & Serenity



Wrap in a Comfortable Layer

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



Listen to Gentle Background Sound

Allow a soft, steady sound (music, white noise, or ambient sound) to play at a low volume.



Engage with Calming Content

Spend a few minutes with calm, low-stimulation content (reading, audio, or visual) without multitasking.



Hold a Warm Drink

Hold a warm beverage and notice the temperature and weight of the cup.