

## CHAPTER FOUR

# Engage Your Senses



Your **senses** might overload when you're feeling stressed. Senses include sight, sound, smell, taste, and touch. Lower your stress level by trying sensory activities.

Make touch bins. Get several shoe boxes. Fill each box with different things. Examples are sand, rice, and beans. Run your hands through the box. Let the items slip through your fingers. Keep doing this until you're calm.

Give yourself a foot **massage**. Massages are the rubbing of muscles to ease pain. There are pressure points on your feet. Applying different pressures to these points can help you relax. Roll a golf ball under your feet. Apply different pressures.



**Tip:** Make dough. Work the dough into different shapes. Think of the task as working out your worries.