

Stress Management Kit

Sight

Soothing:

1

2

3

Irritating:

1

2

3

Smell

Soothing:

1

2

3

Irritating:

1

2

3

Sound

Soothing:

1

2

3

Irritating:

1

2

3

Taste

Soothing:

1

2

3

Irritating:

1

2

3

Touch

Soothing:

1

2

3

Irritating:

1

2

3