

## What Relaxes Me?

Sometimes things go wrong, sometimes we can't prepare for the problems and sometimes we can't identify the problems. Being able to manage situations can be stressful for everyone involved. This resource might be useful for you to complete to help your loved ones support you when things get tough.

What I like to hear:

e.g. *white noise, your favourite song*

What I like to smell:

e.g. *Lavender, lemons*

What I like to touch

e.g. *a stress ball, a warm drink, soft jumper*

What I like to see

e.g. *Photo of favourite place, dark room, lava lamp, do you like to change location*

Who do I like to be there?

e.g. *alone, sister, dog*

What do I like people to say to me?

e.g. *specific reassurance you like to hear, nothing*